THESIS PROPOSAL
Personal Informatics+Context
Using Context to Reveal Factors that Affect Behavior

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Today, there is a personal informatics system for almost any behavior (see a list at http://personalinformatics.org/tools). These systems help people collect behavioral information to explore and reflect on. Because most systems only show behavioral information, finding factors that affect one's behavior is difficult. Incorporating contextual information, such as location, may help. To explore this, I developed prototypes of IMPACT, a system for physical activity awareness with support for contextual information. Previous deployments showed that context can increase people's awareness of opportunities for physical activity and automation facilitates long-term use but reduces immediate awareness. I will develop a third prototype that supports better selection of contextual information, maintenance of immediate awareness during automated collection, and improved visualizations. I will compare the prototype in a field study to a steps-only system and identify features critical to its effectiveness. I will take the lessons learned and describe how they may apply to supporting contextual information in personal informatics systems for other types of behaviors.

http://ianli.com/thesis/proposal

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