

Physical Activity

Category	Sub-category	References	Category	Sub-category	References
Threats to data integrity	Questionable accuracy	[14, 59, 61, 62, 66, 127, 159]	Personal contextual barriers	Limited knowledge/skill	[84, 99]
	Abandoning due to mistrust			Physical & cognitive limits	[31]
	Data manipulation	[61, 62, 65, 68, 80, 90, 96, 99, 110, 146, 159, 166]		Forgetfulness	[23, 51, 53, 59, 62, 68, 76, 77, 80, 87, 99, 104, 108, 130, 132, 142, 159, 164, 177, 178, 181]
	Tracking only the data needed	[62]		Limited time & resources	[65, 87, 159]
	Levels of granularity	[26, 53, 84, 96]		Individual differences	[166]
	Multiple sources of data	[127, 166]		<i>Limited knowledge/skill</i>	[84, 142]
	Timing of tracking	[77, 177, 181]		<i>Limited time & resources</i>	[23, 49, 62, 64, 65, 76, 98, 115, 130, 158, 167, 184]
	<i>Inaction due to mistrust</i>	[140, 147]		<i>Physical & cognitive limit</i>	[38, 66, 85, 110, 111, 115, 127, 130, 164, 167, 181, 184]
Design & implementation	Burdens of tracking	[26, 31, 51, 53, 68, 77, 84–86, 90, 98, 112, 115, 127, 132, 159, 178]	Situational contextual barrier	Traveling	[20, 51, 53, 62, 77, 98, 99, 164, 177, 178]
	Retrospective tracking	[132]		Diverse life circumstances	[20, 26, 51, 53, 62, 99, 130, 164, 177, 178, 183]
	Intermittent tracking	[51, 53, 76, 85, 99, 177]		Unawareness	
	Technical issues	[19, 20, 51, 61, 62, 66, 68, 76, 77, 80, 90, 98, 118, 120, 127, 132, 142, 159, 177, 181]		No access to tracker	[51, 53, 62, 68, 76, 80, 89, 99, 120, 132, 142, 146, 166, 167, 177, 181]
	Language of prompt			Ingrained perspectives	
	Relevance of data to track			<i>Lack of control over situation</i>	[54, 67, 76, 86, 164, 167]
	<i>Positive features</i>	[51, 65, 87, 98, 104]		<i>Living condition</i>	[49, 66, 168]
	<i>Technical issues</i>	[120]		<i>Unawareness</i>	[120, 129, 142, 158, 184]
	<i>Impractical load on users</i>	[14, 132]		<i>Receptivity to feedback</i>	[38, 61, 85, 120, 121, 146]
	<i>Feedback from technology</i>	[67, 84, 104, 132]		Aspects of collaboration	[89, 90, 142]
	<i>Relevance of feedback</i>	[14, 20, 67, 98, 104, 112, 121, 140]		Power dynamics	
				Multiple users of PI tool	[177]
System-caused harm	Tracking causes harm	[51, 62, 76, 85, 86, 112, 127, 132, 159, 181]	Interpersonal contextual barrier	Social contexts	[61, 64, 84, 120, 132, 159, 166, 177, 181]
	Distraction	[110, 120, 146, 159]		Privacy concerns	[53, 64]
	Discomfort	[20, 38, 64, 68, 77, 97, 99, 132, 159]		<i>Social contexts</i>	[49, 65, 120, 121, 184]
	<i>Negative emotional reaction</i>	[64, 98, 146, 164, 168, 181]		<i>Impacts on FnF</i>	[167]
	<i>Fearful content</i>	[62]		<i>Role of experts</i>	[181]
	<i>Harm from action</i>	[54]		<i>Privacy concerns</i>	
	<i>Distraction</i>	[20, 64, 110, 121, 140, 146, 159, 184]			
Fluctuating motivation	Situational lapsing	[19, 31, 51, 53, 87, 90]	Individual perspective induced barriers	Abandonment by choice	[51, 68, 77, 104, 112, 132, 147, 158, 159, 177, 178]
	Tracking only when needed	[77, 97]		Resistance to tracking	[62, 120]
	Lack of novelty	[20, 23, 53, 59, 62, 76, 80, 90, 108]		Unrealistic expectations	
	<i>Progress toward goal</i>	[64, 65, 76, 84, 127, 140]		<i>Resistance to technology</i>	
	<i>Urgency of situation</i>	[63, 84, 120]		<i>Ignorance/ procrastination</i>	[115, 120, 196]
	<i>Expectations of novelty</i>	[51, 59, 63, 76, 104, 158, 168]		<i>Willingness to change</i>	[85]
	<i>Anticipation of outcome</i>	[62, 86, 146, 147, 168, 181, 196]			

Chronic Condition Management

Category	Sub-category	References	Category	Sub-category	References
Threats to data integrity	Questionable accuracy	[5, 28, 42, 73, 88, 95, 123, 134, 137, 172, 182]	Personal contextual barriers	Limited knowledge/skill	
	Abandoning due to lack of trust			Physical & cognitive limits	[4, 31, 42, 134, 153, 171]
	Data manipulation	[3, 4, 45, 88, 134]		Forgetfulness	[4, 123, 169, 171]
	Tracking only the data needed	[4, 28, 45, 57, 123, 141, 169, 171, 173]		Limited time & resources	[3, 28, 93, 123, 134, 139, 163, 169]
	Levels of granularity	[4, 16, 28, 45, 73, 93, 137, 171, 173, 182]		Individual differences	[16, 171]
	Multiple sources of data	[95, 156, 163, 171, 182]		<i>Limited knowledge/skill</i>	[153, 173]
	Timing of tracking	[45, 88, 172, 182]		<i>Limited time & resources</i>	[3, 16, 44, 57, 163]
	<i>Inaction due to mistrust</i>	[79, 88, 163]		<i>Physical & cognitive limit</i>	[3, 5, 16, 42, 153]
Design & implementation	Language of prompt	[134]	Situational contextual barrier	Traveling	[88]
	Retrospective tracking	[4, 45, 123, 141, 169, 171]		Diverse life circumstances	[4, 42, 88, 93, 95]
	Intermittent tracking	[44, 93, 163]		Unawareness	[10, 42, 134]
	Technical issues	[45, 88, 156, 163]		No access to tracker	[88, 123]
	Burdens of tracking	[4, 15, 31, 42, 57, 171, 173]		Ingrained perspectives	[10]
	Relevance of data to track			<i>Lack of control over situation</i>	[42, 44]
	<i>Positive features</i>			<i>Living condition</i>	[163]
	<i>Technical issues</i>			<i>Unawareness</i>	
	<i>Impractical load on users</i>	[124]		<i>Receptivity to feedback</i>	[44, 45, 79]
	<i>Feedback from technology</i>		Interpersonal contextual barriers	Aspects of collaboration	[5, 10, 15, 42, 73, 134, 153]
	<i>Relevance of feedback</i>	[42, 172]		Power dynamics	[91, 93, 137, 176]
System-caused harm	Tracking causes harm	[3–5, 56, 88, 93, 134, 171, 182]		Multiple users of PI tool	[93]
	Distraction	[4, 44, 45, 156]		Social contexts	[28, 45, 95, 123, 141, 182]
	Discomfort	[3, 95]		Privacy concerns	[176]
	<i>Negative emotional reaction</i>	[5, 10, 42, 79, 93, 95, 163]		<i>Social contexts</i>	[79, 156, 169]
	<i>Fearful content</i>	[3, 10]		<i>Impacts on FnF</i>	[57]
	<i>Harm from reflection/action</i>	[93, 171]		<i>Role of experts</i>	[10, 137, 173]
	<i>Distraction</i>	[56]		<i>Privacy concerns</i>	[93, 169]
Fluctuating motivation	Situational lapsing	[10, 31, 45, 141, 171, 173]	Individual perspective-induced barriers	Abandonment by choice	[4]
	Tracking only when needed	[3, 10, 28, 44, 73, 137, 141, 171, 173]		Resistance to tracking	[15, 134, 163, 182]
	Lack of novelty	[45, 73, 134, 141, 176]		Unrealistic expectations	[28]
	<i>Progress toward goal</i>	[45, 169]		<i>Resistance to technology</i>	
	<i>Urgency of situation</i>	[79, 156, 169]		<i>Ignorance/ procrastination</i>	
	<i>Expectations of novelty</i>	[137]		<i>Willingness to change</i>	[57]
	<i>Anticipation of outcome</i>	[5, 16]			

Diet

Category	Sub-category	References	Category	Sub-category	References
Threats to data integrity	Questionable accuracy	[28, 34, 35, 81, 82, 127, 159]	Personal contextual barriers	Limited knowledge/skill	[84, 99, 119]
	Abandoning due to lack of trust			Physical & cognitive limits	
	Data manipulation	[21, 27, 34, 35, 81, 90, 99, 101, 122, 159, 192]		Forgetfulness	[9, 34, 35, 99, 101, 159, 181]
	Tracking only the data needed	[28]		Limited time & resources	[28, 101, 119, 159]
	Levels of granularity	[26, 28, 84, 122]		Individual differences	
	Multiple sources of data	[127]		<i>Limited knowledge/skill</i>	[84]
	Timing of tracking	[34, 35, 101, 181]		<i>Limited time & resources</i>	[81]
	<i>Inaction due to mistrust</i>	[161]		<i>Physical & cognitive limit</i>	[127, 181]
Design & implementation	Language of prompt		Situational contextual barrier	Traveling	[27, 81, 99]
	Retrospective tracking	[27, 34, 81, 82, 122, 192]		Diverse life circumstances	[26, 27, 81, 99]
	Intermittent tracking	[9, 99]		Unawareness	[34, 35]
	Technical issues	[27, 34, 35, 82, 90, 127, 159, 181, 192]		No access to tracker	[81, 89, 99, 181, 192]
	Burdens of tracking	[9, 26, 27, 34, 84, 90, 101, 127, 159, 192]		Ingrained perspectives	
	Relevance of data to track			<i>Lack of control over situation</i>	
	<i>Positive features</i>	[101]		<i>Living condition</i>	
	<i>Technical issues</i>			<i>Unawareness</i>	
	<i>Impractical load on users</i>			<i>Receptivity to feedback</i>	[9]
	<i>Feedback from technology</i>	[84]		Aspects of collaboration	[89, 90, 119]
	<i>Relevance of feedback</i>	[35, 101]		Power dynamics	[101]
				Multiple users of PI tool	
System-caused harm	Tracking causes harm	[34, 35, 119, 122, 127, 159, 181]	Interpersonal contextual barriers	Social contexts	[21, 28, 34, 35, 84, 159, 181]
	Distraction	[159]		Privacy concerns	
	Discomfort	[99, 159]		<i>Social contexts</i>	
	<i>Negative emotional reaction</i>	[27, 35, 101, 181]		<i>Impacts on FnF</i>	
	<i>Fearful content</i>			<i>Role of experts</i>	[181]
	<i>Harm from reflection/action</i>			<i>Privacy concerns</i>	
	<i>Distraction</i>	[159]			
Fluctuating motivation	Situational lapsing	[27, 81, 90]	Individual perspective-induced barriers	Abandonment by choice	[159]
	Tracking only when needed	[27, 28, 122]		Resistance to tracking	[119]
	Lack of novelty	[21, 27, 90, 155]		Unrealistic expectations	[28]
	<i>Progress toward goal</i>	[84, 127]		<i>Resistance to technology</i>	
	<i>Urgency of situation</i>	[84]		<i>Ignorance/ procrastination</i>	
	<i>Expectations of novelty</i>			<i>Willingness to change</i>	
	<i>Anticipation of outcome</i>	[161, 181]			

Sleep

Category	Sub-category	References	Category	Sub-category	References
Threats to data integrity	Questionable accuracy	[14, 24, 39, 83, 113, 114, 159, 160]	Personal contextual barriers	Limited knowledge/skill	[99]
	Abandoning due to lack of trust			Physical & cognitive limits	
	Data manipulation	[6, 80, 92, 99, 114, 117, 159]		Forgetfulness	[24, 41, 80, 92, 99, 105, 108, 117, 132, 159, 164]
	Tracking only the data needed			Limited time & resources	[159]
	Levels of granularity	[150]		Individual differences	
	Multiple sources of data	[150]		<i>Limited knowledge/skill</i>	[39, 113]
	Timing of tracking	[83, 117, 149]		<i>Limited time & resources</i>	[39, 40, 83, 114, 150]
	<i>Inaction due to mistrust</i>	[39, 147]		<i>Physical & cognitive limit</i>	[40, 114, 164]
Design & implementation	Language of prompt		Situational contextual barrier	Traveling	[39, 41, 99, 164]
	Retrospective tracking	[25, 83, 132]		Diverse life circumstances	[24, 41, 99, 150, 164]
	Intermittent tracking	[99]		Unawareness	
	Technical issues	[24, 80, 117, 132, 149, 159]		No access to tracker	[39, 80, 92, 99, 117, 132]
	Burdens of tracking	[113, 132, 159]		Ingrained perspectives	
	Relevance of data to track			<i>Lack of control over situation</i>	[41, 83, 114, 160, 164]
	<i>Positive features</i>	[39]		<i>Living condition</i>	[39, 40, 83, 113, 150]
	<i>Technical issues</i>			<i>Unawareness</i>	
	<i>Impractical load on users</i>	[14, 40, 132]		<i>Receptivity to feedback</i>	[39]
	<i>Feedback from technology</i>	[39, 132]		Aspects of collaboration	[149, 150]
	<i>Relevance of feedback</i>	[14, 39, 113, 150]		Power dynamics	[149, 150]
				Multiple users of PI tool	
System-caused harm	Tracking causes harm	[24, 83, 114, 117, 132, 159]	Interpersonal contextual barriers	Social contexts	[25, 92, 105, 113, 117, 132, 149, 159]
	Distraction	[83, 159]		Privacy concerns	[149, 150]
	Discomfort	[24, 41, 99, 105, 117, 132, 159]		<i>Social contexts</i>	[150]
	<i>Negative emotional reaction</i>	[150, 164]		<i>Impacts on FnF</i>	[40, 150]
	<i>Fearful content</i>			<i>Role of experts</i>	
	<i>Harm from reflection/action</i>	[105, 114, 160]		<i>Privacy concerns</i>	
	<i>Distraction</i>	[159]			
Fluctuating motivation	Situational lapsing		Individual perspective-induced barriers	Abandonment by choice	[40, 105, 132, 147, 159]
	Tracking only when needed	[150]		Resistance to tracking	
	Lack of novelty	[80, 108, 114]		Unrealistic expectations	
	<i>Progress toward goal</i>	[39]		<i>Resistance to technology</i>	
	<i>Urgency of situation</i>	[6, 114, 160]		<i>Ignorance/ procrastination</i>	
	<i>Expectations of novelty</i>	[39]		<i>Willingness to change</i>	[40]
	<i>Anticipation of outcome</i>	[39, 147]			

Mental Health

Category	Sub-category	References	Category	Sub-category	References
Threats to data integrity	Questionable accuracy	[1, 55, 78, 83, 94, 125, 136, 148, 159, 175, 179]	Personal contextual barriers	Limited knowledge/skill	
	Abandoning due to lack of trust			Physical & cognitive limits	[1, 4, 22, 123, 128, 148, 175]
	Data manipulation	[4, 55, 136, 159, 170, 190]		Forgetfulness	[4, 145, 159]
	Tracking only the data needed	[4]		Limited time & resources	[159, 162]
	Levels of granularity	[4, 26, 78]		Individual differences	[136]
	Multiple sources of data	[125]		<i>Limited knowledge/skill</i>	[162]
	Timing of tracking	[83, 94, 175]		<i>Limited time & resources</i>	[83, 184]
	<i>Inaction due to mistrust</i>	[147]		<i>Physical & cognitive limit</i>	[128, 184]
Design & implementation	Language of prompt		Situational contextual barrier	Traveling	
	Retrospective tracking	[1, 83, 162]		Diverse life circumstances	[4, 26, 78, 106, 162, 179]
	Intermittent tracking			Unawareness	[1, 136, 148]
	Technical issues	[1, 136, 159, 162, 179]		No access to tracker	[78]
	Burdens of tracking	[4, 26, 128, 136, 145, 159, 162]		Ingrained perspectives	
	Relevance of data to track			<i>Lack of control over situation</i>	[83, 107, 128]
	<i>Positive features</i>			<i>Living condition</i>	[83]
	<i>Technical issues</i>			<i>Unawareness</i>	[145, 184]
	<i>Impractical load on users</i>			<i>Receptivity to feedback</i>	
	<i>Feedback from technology</i>			Aspects of collaboration	[125, 136, 145, 148, 175]
	<i>Relevance of feedback</i>			Power dynamics	
System-caused harm	Tracking causes harm	[1, 4, 83, 100, 106, 136, 159]	Interpersonal contextual barriers	Multiple users of PI tool	
	Distraction	[1, 4, 83, 159]		Social contexts	[1, 145, 159]
	Discomfort	[1, 159]		Privacy concerns	[100, 136]
	<i>Negative emotional reaction</i>	[71, 94, 136, 138]		<i>Social contexts</i>	[184]
	<i>Fearful content</i>	[94]		<i>Impacts on FnF</i>	
	<i>Harm from reflection/action</i>	[71, 94]		<i>Role of experts</i>	
	<i>Distraction</i>	[145, 159, 184]		<i>Privacy concerns</i>	
Fluctuating motivation	Situational lapsing		Individual perspective-induced barriers	Abandonment by choice	[1, 4, 100, 147, 159]
	Tracking only when needed	[78, 107]		Resistance to tracking	[145]
	Lack of novelty			Unrealistic expectations	
	<i>Progress toward goal</i>			<i>Resistance to technology</i>	[145]
	<i>Urgency of situation</i>	[71, 136, 170]		<i>Ignorance/ procrastination</i>	
	<i>Expectations of novelty</i>	[128]		<i>Willingness to change</i>	
	<i>Anticipation of outcome</i>	[94, 128, 138, 147]			

Childcare

Category	Sub-category	References	Category	Sub-category	References
Threats to data integrity	Questionable accuracy	[74, 180]	Personal contextual barriers	Limited knowledge/skill	
	Abandoning due to lack of trust	[185]		Physical & cognitive limits	[74]
	Data manipulation	[80, 180]		Forgetfulness	[80, 185]
	Tracking only the data needed	[69]		Limited time & resources	[69]
	Levels of granularity	[69, 180]		Individual differences	
	Multiple sources of data			<i>Limited knowledge/skill</i>	
	Timing of tracking	[69]		<i>Limited time & resources</i>	
	<i>Inaction due to mistrust</i>			<i>Physical & cognitive limit</i>	[30]
Design & implementation	Language of prompt		Situational contextual barrier	Traveling	[185]
	Retrospective tracking	[69, 180]		Diverse life circumstances	[30, 185]
	Intermittent tracking			Unawareness	[69]
	Technical issues	[80, 180, 185]		No access to tracker	[69, 80, 185]
	Burdens of tracking	[30, 69, 74, 75]		Ingrained perspectives	
	Relevance of data to track			<i>Lack of control over situation</i>	[69]
	<i>Positive features</i>			<i>Living condition</i>	
	<i>Technical issues</i>			<i>Unawareness</i>	
	<i>Impractical load on users</i>			<i>Receptivity to feedback</i>	
	<i>Feedback from technology</i>			Aspects of collaboration	[30, 69, 74]
	<i>Relevance of feedback</i>	[185]		Power dynamics	
System-caused harm	Tracking causes harm	[69]	Interpersonal contextual barriers	Multiple users of PI tool	
	Distraction			Social contexts	[185]
	Discomfort	[30]		Privacy concerns	[74]
	<i>Negative emotional reaction</i>	[30]		<i>Social contexts</i>	[30]
	<i>Fearful content</i>			<i>Impacts on FnF</i>	
	<i>Harm from reflection/action</i>			<i>Role of experts</i>	
	<i>Distraction</i>			<i>Privacy concerns</i>	
Fluctuating motivation	Situational lapsing		Individual perspective-induced barriers	Abandonment by choice	[185]
	Tracking only when needed	[69, 75, 185]		Resistance to tracking	
	Lack of novelty	[74, 80]		Unrealistic expectations	
	<i>Progress toward goal</i>			<i>Resistance to technology</i>	
	<i>Urgency of situation</i>			<i>Ignorance/ procrastination</i>	
	<i>Expectations of novelty</i>			<i>Willingness to change</i>	
	<i>Anticipation of outcome</i>				

Productivity

Category	Sub-category	References	Category	Sub-category	References
Threats to data integrity	Questionable accuracy	[12, 102]	Personal contextual barriers	Limited knowledge/skill	
	Abandoning due to lack of trust			Physical & cognitive limits	
	Data manipulation	[12, 102, 103, 131]		Forgetfulness	[46, 50]
	Tracking only the data needed			Limited time & resources	
	Levels of granularity			Individual differences	[46, 131]
	Multiple sources of data	[12, 46, 102, 103, 131]		<i>Limited knowledge/skill</i>	[33]
	Timing of tracking	[12, 46, 103]		<i>Limited time & resources</i>	[154]
	<i>Inaction due to mistrust</i>			<i>Physical & cognitive limit</i>	
Design & implementation	Language of prompt		Situational contextual barrier	Traveling	
	Retrospective tracking	[50]		Diverse life circumstances	[154]
	Intermittent tracking			Unawareness	[46]
	Technical issues	[46]		No access to tracker	
	Burdens of tracking	[102, 103]		Ingrained perspectives	
	Relevance of data to track			<i>Lack of control over situation</i>	[12, 154]
	<i>Positive features</i>	[33, 50]		<i>Living condition</i>	
	<i>Technical issues</i>			<i>Unawareness</i>	
	<i>Impractical load on users</i>			<i>Receptivity to feedback</i>	
	<i>Feedback from technology</i>		Interpersonal contextual barriers	Aspects of collaboration	
	<i>Relevance of feedback</i>	[33, 50]		Power dynamics	[131]
System-caused harm	Tracking causes harm	[131]		Multiple users of PI tool	
	Distraction	[131]		Social contexts	
	Discomfort	[33]		Privacy concerns	
	<i>Negative emotional reaction</i>	[70, 102]		<i>Social contexts</i>	
	<i>Fearful content</i>			<i>Impacts on FnF</i>	
	<i>Harm from reflection/action</i>	[70]		<i>Role of experts</i>	
	<i>Distraction</i>	[154]		<i>Privacy concerns</i>	
Fluctuating motivation	Situational lapsing	[103]	Individual perspective-induced barriers	Abandonment by choice	[33, 46, 131]
	Tracking only when needed	[154]		Resistance to tracking	[46, 154]
	Lack of novelty			Unrealistic expectations	
	<i>Progress toward goal</i>			<i>Resistance to technology</i>	[70]
	<i>Urgency of situation</i>	[102, 103, 154]		<i>Ignorance/ procrastination</i>	[154]
	<i>Expectations of novelty</i>	[33]		<i>Willingness to change</i>	[154]
	<i>Anticipation of outcome</i>	[102]			

Women's health

Category	Sub-category	References	Category	Sub-category	References
Threats to data integrity	Questionable accuracy	[37]	Personal contextual barriers	Limited knowledge/skill	
	Abandoning due to lack of trust			Physical & cognitive limits	
	Data manipulation	[36]		Forgetfulness	[52, 60]
	Tracking only the data needed	[60]		Limited time & resources	
	Levels of granularity	[52, 60]		Individual differences	
	Multiple sources of data	[36, 72]		<i>Limited knowledge/skill</i>	
	Timing of tracking	[36, 37, 72]		<i>Limited time & resources</i>	
	<i>Inaction due to mistrust</i>			<i>Physical & cognitive limit</i>	
Design & implementation	Language of prompt		Situational contextual barrier	Traveling	
	Retrospective tracking	[60]		Diverse life circumstances	
	Intermittent tracking			Unawareness	
	Technical issues	[52, 60]		No access to tracker	
	Burdens of tracking	[52, 72]		Ingrained perspectives	[36, 37]
	Relevance of data to track			<i>Lack of control over situation</i>	
	<i>Positive features</i>			<i>Living condition</i>	
	<i>Technical issues</i>			<i>Unawareness</i>	
	<i>Impractical load on users</i>			<i>Receptivity to feedback</i>	
	<i>Feedback from technology</i>			Aspects of collaboration	
	<i>Relevance of feedback</i>	[52, 60]		Power dynamics	
System-caused harm	Tracking causes harm	[36, 37, 60, 72]	Interpersonal contextual barriers	Multiple users of PI tool	
	Distraction			Social contexts	[52]
	Discomfort			Privacy concerns	
	<i>Negative emotional reaction</i>	[52]		<i>Social contexts</i>	
	<i>Fearful content</i>			<i>Impacts on FnF</i>	
	<i>Harm from reflection/action</i>			<i>Role of experts</i>	
	<i>Distraction</i>			<i>Privacy concerns</i>	[52]
Fluctuating motivation	Situational lapsing	[37, 52, 72]	Individual perspective-induced barriers	Abandonment by choice	
	Tracking only when needed	[52]		Resistance to tracking	
	Lack of novelty			Unrealistic expectations	
	<i>Progress toward goal</i>			<i>Resistance to technology</i>	
	<i>Urgency of situation</i>			<i>Ignorance/ procrastination</i>	[60]
	<i>Expectations of novelty</i>			<i>Willingness to change</i>	
	<i>Anticipation of outcome</i>				

Weight

Category	Sub-category	References	Category	Sub-category	References
Threats to data integrity	Questionable accuracy		Personal contextual barriers	Limited knowledge/skill	
	Abandoning due to lack of trust			Physical & cognitive limits	[31]
	Data manipulation	[48]		Forgetfulness	[132]
	Tracking only the data needed			Limited time & resources	
	Levels of granularity	[26]		Individual differences	
	Multiple sources of data			<i>Limited knowledge/skill</i>	
	Timing of tracking			<i>Limited time & resources</i>	
	<i>Inaction due to mistrust</i>	[161]		<i>Physical & cognitive limit</i>	
Design & implementation	Language of prompt		Situational contextual barrier	Traveling	
	Retrospective tracking	[132]		Diverse life circumstances	[26]
	Intermittent tracking			Unawareness	
	Technical issues	[116, 132]		No access to tracker	[132]
	Burdens of tracking	[26, 31, 132]		Ingrained perspectives	
	Relevance of data to track			<i>Lack of control over situation</i>	
	<i>Positive features</i>			<i>Living condition</i>	
	<i>Technical issues</i>			<i>Unawareness</i>	
	<i>Impractical load on users</i>	[132]		<i>Receptivity to feedback</i>	
	<i>Feedback from technology</i>	[132]	Interpersonal contextual barriers	Aspects of collaboration	
	<i>Relevance of feedback</i>			Power dynamics	
System-caused harm	Tracking causes harm	[48, 132]		Multiple users of PI tool	
	Distraction			Social contexts	[132]
	Discomfort	[132]		Privacy concerns	
	<i>Negative emotional reaction</i>	[48]		<i>Social contexts</i>	
	<i>Fearful content</i>			<i>Impacts on FnF</i>	
	<i>Harm from reflection/action</i>			<i>Role of experts</i>	
	<i>Distraction</i>			<i>Privacy concerns</i>	
Fluctuating motivation	Situational lapsing	[31]	Individual perspective-induced barriers	Abandonment by choice	[132]
	Tracking only when needed			Resistance to tracking	
	Lack of novelty			Unrealistic expectations	
	<i>Progress toward goal</i>			<i>Resistance to technology</i>	
	<i>Urgency of situation</i>			<i>Ignorance/ procrastination</i>	
	<i>Expectations of novelty</i>			<i>Willingness to change</i>	
	<i>Anticipation of outcome</i>	[161]			

Substance use

Category	Sub-category	References	Category	Sub-category	References
Threats to data integrity	Questionable accuracy		Personal contextual barriers	Limited knowledge/skill	[191]
	Abandoning due to lack of trust			Physical & cognitive limits	
	Data manipulation	[193]		Forgetfulness	[133]
	Tracking only the data needed	[133]		Limited time & resources	[133]
	Levels of granularity			Individual differences	
	Multiple sources of data			<i>Limited knowledge/skill</i>	
	Timing of tracking			<i>Limited time & resources</i>	
	<i>Inaction due to mistrust</i>			<i>Physical & cognitive limit</i>	
Design & implementation	Language of prompt		Situational contextual barrier	Traveling	[133]
	Retrospective tracking			Diverse life circumstances	[133]
	Intermittent tracking			Unawareness	[133]
	Technical issues	[133]		No access to tracker	
	Burdens of tracking	[133]		Ingrained perspectives	
	Relevance of data to track			<i>Lack of control over situation</i>	
	<i>Positive features</i>	[174]		<i>Living condition</i>	
	<i>Technical issues</i>			<i>Unawareness</i>	
	<i>Impractical load on users</i>			<i>Receptivity to feedback</i>	
	<i>Feedback from technology</i>			Aspects of collaboration	
	<i>Relevance of feedback</i>	[143, 174]		Power dynamics	
System-caused harm	Tracking causes harm	[144, 174]	Interpersonal contextual barriers	Multiple users of PI tool	
	Distraction	[193]		Social contexts	[133]
	Discomfort			Privacy concerns	[191]
	<i>Negative emotional reaction</i>	[144, 174]		<i>Social contexts</i>	[143]
	<i>Fearful content</i>			<i>Impacts on FnF</i>	
	<i>Harm from reflection/action</i>	[143, 144, 152, 174]		<i>Role of experts</i>	[191]
	<i>Distraction</i>			<i>Privacy concerns</i>	
Fluctuating motivation	Situational lapsing	[152, 174]	Individual perspective-induced barriers	Abandonment by choice	
	Tracking only when needed			Resistance to tracking	[152, 191]
	Lack of novelty			Unrealistic expectations	
	<i>Progress toward goal</i>			<i>Resistance to technology</i>	
	<i>Urgency of situation</i>			<i>Ignorance/ procrastination</i>	[144]
	<i>Expectations of novelty</i>	[133, 143, 174]		<i>Willingness to change</i>	[144, 174]
	<i>Anticipation of outcome</i>	[143, 174]			

Overall Health

Category	Sub-category	References	Category	Sub-category	References
Threats to data integrity	Questionable accuracy	[8, 14]	Personal contextual barriers	Limited knowledge/skill	
	Abandoning due to lack of trust			Physical & cognitive limits	[8]
	Data manipulation	[8]		Forgetfulness	[9, 194]
	Tracking only the data needed			Limited time & resources	[29]
	Levels of granularity			Individual differences	
	Multiple sources of data	[2, 151, 157]		<i>Limited knowledge/skill</i>	
	Timing of tracking			<i>Limited time & resources</i>	[151]
	<i>Inaction due to mistrust</i>	[2, 151]		<i>Physical & cognitive limit</i>	
Design & implementation	Language of prompt		Situational contextual barrier	Traveling	
	Retrospective tracking			Diverse life circumstances	[11]
	Intermittent tracking	[9, 157]		Unawareness	
	Technical issues	[29, 157]		No access to tracker	
	Burdens of tracking	[9]		Ingrained perspectives	
	Relevance of data to track			<i>Lack of control over situation</i>	
	<i>Positive features</i>			<i>Living condition</i>	
	<i>Technical issues</i>			<i>Unawareness</i>	
	<i>Impractical load on users</i>	[14]		<i>Receptivity to feedback</i>	[9, 194]
	<i>Feedback from technology</i>			Aspects of collaboration	
	<i>Relevance of feedback</i>	[14]		Power dynamics	
System-caused harm	Tracking causes harm	[29]	Interpersonal contextual barriers	Multiple users of PI tool	[11]
	Distraction			Social contexts	
	Discomfort	[151]		Privacy concerns	
	<i>Negative emotional reaction</i>	[70]		<i>Social contexts</i>	[157]
	<i>Fearful content</i>	[157]		<i>Impacts on FnF</i>	
	<i>Harm from reflection/action</i>	[70]		<i>Role of experts</i>	
	<i>Distraction</i>			<i>Privacy concerns</i>	
Fluctuating motivation	Situational lapsing	[29]	Individual perspective-induced barriers	Abandonment by choice	
	Tracking only when needed	[11]		Resistance to tracking	
	Lack of novelty			Unrealistic expectations	
	<i>Progress toward goal</i>			<i>Resistance to technology</i>	[70]
	<i>Urgency of situation</i>	[11]		<i>Ignorance/ procrastination</i>	
	<i>Expectations of novelty</i>			<i>Willingness to change</i>	
	<i>Anticipation of outcome</i>				

Patient care

Category	Sub-category	References	Category	Sub-category	References
Threats to data integrity	Questionable accuracy	[187]	Personal contextual barriers	Limited knowledge/skill	
	Abandoning due to lack of trust			Physical & cognitive limits	[187, 189]
	Data manipulation	[187]		Forgetfulness	[187]
	Tracking only the data needed			Limited time & resources	[186]
	Levels of granularity	[187]		Individual differences	
	Multiple sources of data			<i>Limited knowledge/skill</i>	
	Timing of tracking			<i>Limited time & resources</i>	
	<i>Inaction due to mistrust</i>			<i>Physical & cognitive limit</i>	
Design & implementation	Language of prompt		Situational contextual barrier	Traveling	
	Retrospective tracking			Diverse life circumstances	[186, 187, 189]
	Intermittent tracking	[186]		Unawareness	
	Technical issues	[186]		No access to tracker	
	Burdens of tracking	[186]		Ingrained perspectives	
	Relevance of data to track			<i>Lack of control over situation</i>	
	<i>Positive features</i>			<i>Living condition</i>	
	<i>Technical issues</i>			<i>Unawareness</i>	
	<i>Impractical load on users</i>			<i>Receptivity to feedback</i>	
	<i>Feedback from technology</i>			Aspects of collaboration	
	<i>Relevance of feedback</i>			Power dynamics	
System-caused harm	Tracking causes harm		Interpersonal contextual barriers	Multiple users of PI tool	
	Distraction			Social contexts	
	Discomfort			Privacy concerns	
	<i>Negative emotional reaction</i>			<i>Social contexts</i>	
	<i>Fearful content</i>			<i>Impacts on FnF</i>	
	<i>Harm from reflection/action</i>			<i>Role of experts</i>	
	<i>Distraction</i>			<i>Privacy concerns</i>	
Fluctuating motivation	Situational lapsing		Individual perspective-induced barriers	Abandonment by choice	
	Tracking only when needed	[187, 189]		Resistance to tracking	
	Lack of novelty			Unrealistic expectations	
	<i>Progress toward goal</i>			<i>Resistance to technology</i>	
	<i>Urgency of situation</i>			<i>Ignorance/ procrastination</i>	
	<i>Expectations of novelty</i>			<i>Willingness to change</i>	
	<i>Anticipation of outcome</i>				

Senior care

Category	Sub-category	References	Category	Sub-category	References
Threats to data integrity	Questionable accuracy		Personal contextual barriers	Limited knowledge/skill	
	Abandoning due to lack of trust			Physical & cognitive limits	
	Data manipulation			Forgetfulness	[18]
	Tracking only the data needed			Limited time & resources	
	Levels of granularity			Individual differences	
	Multiple sources of data	[18]		<i>Limited knowledge/skill</i>	
	Timing of tracking	[18]		<i>Limited time & resources</i>	
	<i>Inaction due to mistrust</i>			<i>Physical & cognitive limit</i>	
Design & implementation	Language of prompt		Situational contextual barrier	Traveling	
	Retrospective tracking	[47]		Diverse life circumstances	[18]
	Intermittent tracking			Unawareness	
	Technical issues	[18, 47]		No access to tracker	[18]
	Burdens of tracking			Ingrained perspectives	
	Relevance of data to track	[18, 47]		<i>Lack of control over situation</i>	
	<i>Positive features</i>			<i>Living condition</i>	
	<i>Technical issues</i>			<i>Unawareness</i>	
	<i>Impractical load on users</i>			<i>Receptivity to feedback</i>	
	<i>Feedback from technology</i>		Interpersonal contextual barriers	Aspects of collaboration	
	<i>Relevance of feedback</i>			Power dynamics	[18]
System-caused harm	Tracking causes harm			Multiple users of PI tool	
	Distraction			Social contexts	
	Discomfort			Privacy concerns	
	<i>Negative emotional reaction</i>	[18]		<i>Social contexts</i>	
	<i>Fearful content</i>	[18]		<i>Impacts on FnF</i>	
	<i>Harm from reflection/action</i>			<i>Role of experts</i>	
	<i>Distraction</i>			<i>Privacy concerns</i>	
Fluctuating motivation	Situational lapsing	[18]	Individual perspective-induced barriers	Abandonment by choice	
	Tracking only when needed	[17, 18]		Resistance to tracking	
	Lack of novelty	[17, 47]		Unrealistic expectations	
	<i>Progress toward goal</i>	[47]		<i>Resistance to technology</i>	
	<i>Urgency of situation</i>			<i>Ignorance/ procrastination</i>	[47]
	<i>Expectations of novelty</i>	[47]		<i>Willingness to change</i>	
	<i>Anticipation of outcome</i>				

Medication

Category	Sub-category	References	Category	Sub-category	References
Threats to data integrity	Questionable accuracy	[109]	Personal contextual barriers	Limited knowledge/skill	
	Abandoning due to lack of trust			Physical & cognitive limits	
	Data manipulation			Forgetfulness	[7, 109, 181]
	Tracking only the data needed			Limited time & resources	
	Levels of granularity			Individual differences	
	Multiple sources of data			<i>Limited knowledge/skill</i>	
	Timing of tracking	[181]		<i>Limited time & resources</i>	
	<i>Inaction due to mistrust</i>			<i>Physical & cognitive limit</i>	[181]
Design & implementation	Language of prompt		Situational contextual barrier	Traveling	[109]
	Retrospective tracking			Diverse life circumstances	[109]
	Intermittent tracking			Unawareness	
	Technical issues	[181]		No access to tracker	[181]
	Burdens of tracking	[7]		Ingrained perspectives	
	Relevance of data to track			<i>Lack of control over situation</i>	
	<i>Positive features</i>			<i>Living condition</i>	
	<i>Technical issues</i>	[7]		<i>Unawareness</i>	
	<i>Impractical load on users</i>			<i>Receptivity to feedback</i>	
	<i>Feedback from technology</i>		Interpersonal contextual barriers	Aspects of collaboration	
System-caused harm	Tracking causes harm	[181]		Power dynamics	
	Distraction			Multiple users of PI tool	
	Discomfort			Social contexts	[109, 181]
	<i>Negative emotional reaction</i>	[181]		Privacy concerns	
	<i>Fearful content</i>			<i>Social contexts</i>	
	<i>Harm from reflection/action</i>			<i>Impacts on FnF</i>	
	<i>Distraction</i>			<i>Role of experts</i>	[181]
Fluctuating motivation	Situational lapsing		Individual perspective-induced barriers	<i>Privacy concerns</i>	
	Tracking only when needed			Abandonment by choice	
	Lack of novelty			Resistance to tracking	[7]
	<i>Progress toward goal</i>			Unrealistic expectations	
	<i>Urgency of situation</i>			<i>Resistance to technology</i>	
	<i>Expectations of novelty</i>			<i>Ignorance/ procrastination</i>	
	<i>Anticipation of outcome</i>	[181]		<i>Willingness to change</i>	

Finances

Category	Sub-category	References	Category	Sub-category	References
Threats to data integrity	Questionable accuracy		Personal contextual barriers	Limited knowledge/skill	
	Abandoning due to lack of trust			Physical & cognitive limits	
	Data manipulation			Forgetfulness	[53]
	Tracking only the data needed			Limited time & resources	
	Levels of granularity	[53]		Individual differences	
	Multiple sources of data			<i>Limited knowledge/skill</i>	
	Timing of tracking			<i>Limited time & resources</i>	
	<i>Inaction due to mistrust</i>			<i>Physical & cognitive limit</i>	
Design & implementation	Language of prompt		Situational contextual barrier	Traveling	[53]
	Retrospective tracking			Diverse life circumstances	[53]
	Intermittent tracking	[53]		Unawareness	
	Technical issues			No access to tracker	[53]
	Burdens of tracking	[53]		Ingrained perspectives	
	Relevance of data to track			<i>Lack of control over situation</i>	
	<i>Positive features</i>			<i>Living condition</i>	
	<i>Technical issues</i>			<i>Unawareness</i>	
	<i>Impractical load on users</i>			<i>Receptivity to feedback</i>	
	<i>Feedback from technology</i>		Interpersonal contextual barriers	Aspects of collaboration	
	<i>Relevance of feedback</i>			Power dynamics	
System-caused harm	Tracking causes harm			Multiple users of PI tool	
	Distraction			Social contexts	
	Discomfort			Privacy concerns	[53]
	<i>Negative emotional reaction</i>			<i>Social contexts</i>	
	<i>Fearful content</i>			<i>Impacts on FnF</i>	
	<i>Harm from reflection/action</i>			<i>Role of experts</i>	
	<i>Distraction</i>			<i>Privacy concerns</i>	
Fluctuating motivation	Situational lapsing	[53]	Individual perspective-induced barriers	Abandonment by choice	
	Tracking only when needed			Resistance to tracking	
	Lack of novelty	[53]		Unrealistic expectations	
	<i>Progress toward goal</i>			<i>Resistance to technology</i>	
	<i>Urgency of situation</i>			<i>Ignorance/ procrastination</i>	
	<i>Expectations of novelty</i>			<i>Willingness to change</i>	
	<i>Anticipation of outcome</i>				

Location

Category	Sub-category	References	Category	Sub-category	References
Threats to data integrity	Questionable accuracy		Personal contextual barriers	Limited knowledge/skill	
	Abandoning due to lack of trust			Physical & cognitive limits	
	Data manipulation			Forgetfulness	[53]
	Tracking only the data needed			Limited time & resources	
	Levels of granularity	[53]		Individual differences	
	Multiple sources of data			<i>Limited knowledge/skill</i>	
	Timing of tracking			<i>Limited time & resources</i>	
	<i>Inaction due to mistrust</i>			<i>Physical & cognitive limit</i>	
Design & implementation	Language of prompt		Situational contextual barrier	Traveling	[53]
	Retrospective tracking			Diverse life circumstances	[53]
	Intermittent tracking	[53]		Unawareness	
	Technical issues			No access to tracker	[53]
	Burdens of tracking	[53]		Ingrained perspectives	
	Relevance of data to track			<i>Lack of control over situation</i>	
	<i>Positive features</i>			<i>Living condition</i>	
	<i>Technical issues</i>			<i>Unawareness</i>	
	<i>Impractical load on users</i>			<i>Receptivity to feedback</i>	
	<i>Feedback from technology</i>		Interpersonal contextual barriers	Aspects of collaboration	
	<i>Relevance of feedback</i>			Power dynamics	
System-caused harm	Tracking causes harm			Multiple users of PI tool	
	Distraction			Social contexts	
	Discomfort			Privacy concerns	[53]
	<i>Negative emotional reaction</i>			<i>Social contexts</i>	
	<i>Fearful content</i>			<i>Impacts on FnF</i>	
	<i>Harm from reflection/action</i>			<i>Role of experts</i>	
	<i>Distraction</i>			<i>Privacy concerns</i>	
Fluctuating motivation	Situational lapsing	[53]	Individual perspective-induced barriers	Abandonment by choice	
	Tracking only when needed			Resistance to tracking	
	Lack of novelty	[53]		Unrealistic expectations	
	<i>Progress toward goal</i>			<i>Resistance to technology</i>	
	<i>Urgency of situation</i>			<i>Ignorance/ procrastination</i>	
	<i>Expectations of novelty</i>			<i>Willingness to change</i>	
	<i>Anticipation of outcome</i>				

Phone Usage

Category	Sub-category	References	Category	Sub-category	References
Threats to data integrity	Questionable accuracy	[109]	Personal contextual barriers	Limited knowledge/skill	
	Abandoning due to lack of trust			Physical & cognitive limits	
	Data manipulation			Forgetfulness	[109]
	Tracking only the data needed			Limited time & resources	
	Levels of granularity			Individual differences	
	Multiple sources of data			<i>Limited knowledge/skill</i>	
	Timing of tracking			<i>Limited time & resources</i>	
	<i>Inaction due to mistrust</i>			<i>Physical & cognitive limit</i>	
Design & implementation	Language of prompt		Situational contextual barrier	Traveling	[109]
	Retrospective tracking			Diverse life circumstances	[109]
	Intermittent tracking			Unawareness	
	Technical issues			No access to tracker	
	Burdens of tracking			Ingrained perspectives	
	Relevance of data to track			<i>Lack of control over situation</i>	
	<i>Positive features</i>			<i>Living condition</i>	
	<i>Technical issues</i>			<i>Unawareness</i>	
	<i>Impractical load on users</i>			<i>Receptivity to feedback</i>	
	<i>Feedback from technology</i>		Interpersonal contextual barriers	Aspects of collaboration	
	<i>Relevance of feedback</i>			Power dynamics	
System-caused harm	Tracking causes harm			Multiple users of PI tool	
	Distraction			Social contexts	[109]
	Discomfort			Privacy concerns	
	<i>Negative emotional reaction</i>			<i>Social contexts</i>	
	<i>Fearful content</i>			<i>Impacts on FnF</i>	
	<i>Harm from reflection/action</i>			<i>Role of experts</i>	
	<i>Distraction</i>			<i>Privacy concerns</i>	
Fluctuating motivation	Situational lapsing		Individual perspective-induced barriers	Abandonment by choice	
	Tracking only when needed			Resistance to tracking	
	Lack of novelty			Unrealistic expectations	
	<i>Progress toward goal</i>			<i>Resistance to technology</i>	
	<i>Urgency of situation</i>			<i>Ignorance/ procrastination</i>	
	<i>Expectations of novelty</i>			<i>Willingness to change</i>	
	<i>Anticipation of outcome</i>				

Indoor air

Category	Sub-category	References	Category	Sub-category	References
Threats to data integrity	Questionable accuracy		Personal contextual barriers	Limited knowledge/skill	
	Abandoning due to lack of trust			Physical & cognitive limits	
	Data manipulation			Forgetfulness	
	Tracking only the data needed			Limited time & resources	[135]
	Levels of granularity	[135]		Individual differences	
	Multiple sources of data			<i>Limited knowledge/skill</i>	
	Timing of tracking			<i>Limited time & resources</i>	
	<i>Inaction due to mistrust</i>			<i>Physical & cognitive limit</i>	
Design & implementation	Language of prompt		Situational contextual barrier	Traveling	
	Retrospective tracking	[135]		Diverse life circumstances	
	Intermittent tracking			Unawareness	
	Technical issues			No access to tracker	[135]
	Burdens of tracking			Ingrained perspectives	
	Relevance of data to track			<i>Lack of control over situation</i>	
	<i>Positive features</i>			<i>Living condition</i>	
	<i>Technical issues</i>			<i>Unawareness</i>	
	<i>Impractical load on users</i>			<i>Receptivity to feedback</i>	
	<i>Feedback from technology</i>		Interpersonal contextual barriers	Aspects of collaboration	[135]
	<i>Relevance of feedback</i>	[135]		Power dynamics	
System-caused harm	Tracking causes harm			Multiple users of PI tool	
	Distraction			Social contexts	
	Discomfort			Privacy concerns	
	<i>Negative emotional reaction</i>			<i>Social contexts</i>	
	<i>Fearful content</i>			<i>Impacts on FnF</i>	
	<i>Harm from reflection/action</i>			<i>Role of experts</i>	
	<i>Distraction</i>			<i>Privacy concerns</i>	
Fluctuating motivation	Situational lapsing		Individual perspective-induced barriers	Abandonment by choice	[135]
	Tracking only when needed	[135]		Resistance to tracking	
	Lack of novelty			Unrealistic expectations	
	<i>Progress toward goal</i>			<i>Resistance to technology</i>	
	<i>Urgency of situation</i>			<i>Ignorance/ procrastination</i>	
	<i>Expectations of novelty</i>			<i>Willingness to change</i>	
	<i>Anticipation of outcome</i>				

Sports Activity

Category	Sub-category	References	Category	Sub-category	References
Threats to data integrity	Questionable accuracy	[43]	Personal contextual barriers	Limited knowledge/skill	
	Abandoning due to lack of trust			Physical & cognitive limits	
	Data manipulation			Forgetfulness	
	Tracking only the data needed			Limited time & resources	
	Levels of granularity	[43]		Individual differences	
	Multiple sources of data			<i>Limited knowledge/skill</i>	
	Timing of tracking			<i>Limited time & resources</i>	
	<i>Inaction due to mistrust</i>			<i>Physical & cognitive limit</i>	[32]
Design & implementation	Language of prompt		Situational contextual barrier	Traveling	
	Retrospective tracking			Diverse life circumstances	
	Intermittent tracking			Unawareness	[32]
	Technical issues			No access to tracker	[43]
	Burdens of tracking	[43]		Ingrained perspectives	
	Relevance of data to track			<i>Lack of control over situation</i>	
	<i>Positive features</i>			<i>Living condition</i>	
	<i>Technical issues</i>			<i>Unawareness</i>	[43]
	<i>Impractical load on users</i>	[43]		<i>Receptivity to feedback</i>	
	<i>Feedback from technology</i>		Interpersonal contextual barriers	Aspects of collaboration	[32]
	<i>Relevance of feedback</i>			Power dynamics	
System-caused harm	Tracking causes harm			Multiple users of PI tool	
	Distraction			Social contexts	
	Discomfort			Privacy concerns	
	<i>Negative emotional reaction</i>	[32]		<i>Social contexts</i>	
	<i>Fearful content</i>			<i>Impacts on FnF</i>	
	<i>Harm from reflection/action</i>	[32]		<i>Role of experts</i>	
	<i>Distraction</i>	[32]		<i>Privacy concerns</i>	
Fluctuating motivation	Situational lapsing		Individual perspective-induced barriers	Abandonment by choice	
	Tracking only when needed			Resistance to tracking	
	Lack of novelty			Unrealistic expectations	
	<i>Progress toward goal</i>			<i>Resistance to technology</i>	
	<i>Urgency of situation</i>			<i>Ignorance/ procrastination</i>	
	<i>Expectations of novelty</i>			<i>Willingness to change</i>	
	<i>Anticipation of outcome</i>				

Screen time

Category	Sub-category	References	Category	Sub-category	References
Threats to data integrity	Questionable accuracy		Personal contextual barriers	Limited knowledge/skill	
	Abandoning due to lack of trust			Physical & cognitive limits	
	Data manipulation			Forgetfulness	
	Tracking only the data needed			Limited time & resources	
	Levels of granularity			Individual differences	
	Multiple sources of data	[165]		<i>Limited knowledge/skill</i>	
	Timing of tracking	[165]		<i>Limited time & resources</i>	
	<i>Inaction due to mistrust</i>			<i>Physical & cognitive limit</i>	
Design & implementation	Language of prompt		Situational contextual barrier	Traveling	
	Retrospective tracking			Diverse life circumstances	
	Intermittent tracking			Unawareness	
	Technical issues	[165]		No access to tracker	
	Burdens of tracking			Ingrained perspectives	
	Relevance of data to track			<i>Lack of control over situation</i>	
	<i>Positive features</i>			<i>Living condition</i>	
	<i>Technical issues</i>			<i>Unawareness</i>	
	<i>Impractical load on users</i>			<i>Receptivity to feedback</i>	
	<i>Feedback from technology</i>			Aspects of collaboration	
	<i>Relevance of feedback</i>			Power dynamics	
System-caused harm	Tracking causes harm		Interpersonal contextual barriers	Multiple users of PI tool	[165]
	Distraction			Social contexts	
	Discomfort			Privacy concerns	[165]
	<i>Negative emotional reaction</i>			<i>Social contexts</i>	
	<i>Fearful content</i>			<i>Impacts on FnF</i>	
	<i>Harm from reflection/action</i>			<i>Role of experts</i>	
	<i>Distraction</i>			<i>Privacy concerns</i>	
Fluctuating motivation	Situational lapsing		Individual perspective-induced barriers	Abandonment by choice	
	Tracking only when needed			Resistance to tracking	
	Lack of novelty			Unrealistic expectations	
	<i>Progress toward goal</i>			<i>Resistance to technology</i>	
	<i>Urgency of situation</i>			<i>Ignorance/ procrastination</i>	
	<i>Expectations of novelty</i>	[165]		<i>Willingness to change</i>	
	<i>Anticipation of outcome</i>				

Heart rate

Category	Sub-category	References	Category	Sub-category	References
Threats to data integrity	Questionable accuracy	[179]	Personal contextual barriers	Limited knowledge/skill	
	Abandoning due to lack of trust			Physical & cognitive limits	[31]
	Data manipulation			Forgetfulness	
	Tracking only the data needed			Limited time & resources	
	Levels of granularity			Individual differences	
	Multiple sources of data			<i>Limited knowledge/skill</i>	
	Timing of tracking			<i>Limited time & resources</i>	
	<i>Inaction due to mistrust</i>			<i>Physical & cognitive limit</i>	
Design & implementation	Language of prompt		Situational contextual barrier	Traveling	
	Retrospective tracking			Diverse life circumstances	[179]
	Intermittent tracking			Unawareness	
	Technical issues			No access to tracker	
	Burdens of tracking	[31]		Ingrained perspectives	
	Relevance of data to track			<i>Lack of control over situation</i>	
	<i>Positive features</i>			<i>Living condition</i>	
	<i>Technical issues</i>			<i>Unawareness</i>	
	<i>Impractical load on users</i>			<i>Receptivity to feedback</i>	
	<i>Feedback from technology</i>		Interpersonal contextual barriers	Aspects of collaboration	
	<i>Relevance of feedback</i>			Power dynamics	
System-caused harm	Tracking causes harm			Multiple users of PI tool	
	Distraction			Social contexts	
	Discomfort			Privacy concerns	
	<i>Negative emotional reaction</i>			<i>Social contexts</i>	
	<i>Fearful content</i>			<i>Impacts on FnF</i>	
	<i>Harm from reflection/action</i>			<i>Role of experts</i>	
	<i>Distraction</i>			<i>Privacy concerns</i>	
Fluctuating motivation	Situational lapsing	[31]	Individual perspective-induced barriers	Abandonment by choice	
	Tracking only when needed			Resistance to tracking	
	Lack of novelty			Unrealistic expectations	
	<i>Progress toward goal</i>			<i>Resistance to technology</i>	
	<i>Urgency of situation</i>			<i>Ignorance/ procrastination</i>	
	<i>Expectations of novelty</i>			<i>Willingness to change</i>	
	<i>Anticipation of outcome</i>				

Music Listened to

Category	Sub-category	References	Category	Sub-category	References
Threats to data integrity	Questionable accuracy		Personal contextual barriers	Limited knowledge/skill	
	Abandoning due to lack of trust			Physical & cognitive limits	
	Data manipulation			Forgetfulness	
	Tracking only the data needed			Limited time & resources	
	Levels of granularity			Individual differences	
	Multiple sources of data			<i>Limited knowledge/skill</i>	
	Timing of tracking			<i>Limited time & resources</i>	
	<i>Inaction due to mistrust</i>			<i>Physical & cognitive limit</i>	
Design & implementation	Language of prompt		Situational contextual barrier	Traveling	
	Retrospective tracking			Diverse life circumstances	
	Intermittent tracking			Unawareness	
	Technical issues			No access to tracker	
	Burdens of tracking			Ingrained perspectives	
	Relevance of data to track			<i>Lack of control over situation</i>	
	<i>Positive features</i>			<i>Living condition</i>	
	<i>Technical issues</i>			<i>Unawareness</i>	
	<i>Impractical load on users</i>			<i>Receptivity to feedback</i>	
	<i>Feedback from technology</i>		Interpersonal contextual barriers	Aspects of collaboration	
	<i>Relevance of feedback</i>			Power dynamics	
System-caused harm	Tracking causes harm			Multiple users of PI tool	[188]
	Distraction			Social contexts	[188]
	Discomfort			Privacy concerns	
	<i>Negative emotional reaction</i>			<i>Social contexts</i>	
	<i>Fearful content</i>			<i>Impacts on FnF</i>	
	<i>Harm from reflection/action</i>			<i>Role of experts</i>	
	<i>Distraction</i>			<i>Privacy concerns</i>	
Fluctuating motivation	Situational lapsing		Individual perspective-induced barriers	Abandonment by choice	
	Tracking only when needed			Resistance to tracking	
	Lack of novelty			Unrealistic expectations	
	<i>Progress toward goal</i>			<i>Resistance to technology</i>	
	<i>Urgency of situation</i>			<i>Ignorance/ procrastination</i>	
	<i>Expectations of novelty</i>			<i>Willingness to change</i>	
	<i>Anticipation of outcome</i>				

Workplace Environment

Category	Sub-category	References	Category	Sub-category	References
Threats to data integrity	Questionable accuracy	[126]	Personal contextual barriers	Limited knowledge/skill	
	Abandoning due to lack of trust			Physical & cognitive limits	
	Data manipulation			Forgetfulness	
	Tracking only the data needed			Limited time & resources	
	Levels of granularity			Individual differences	
	Multiple sources of data			<i>Limited knowledge/skill</i>	
	Timing of tracking	[126]		<i>Limited time & resources</i>	[126]
	<i>Inaction due to mistrust</i>			<i>Physical & cognitive limit</i>	
Design & implementation	Language of prompt		Situational contextual barrier	Traveling	
	Retrospective tracking			Diverse life circumstances	
	Intermittent tracking			Unawareness	
	Technical issues			No access to tracker	
	Burdens of tracking			Ingrained perspectives	
	Relevance of data to track			<i>Lack of control over situation</i>	[126]
	<i>Positive features</i>			<i>Living condition</i>	
	<i>Technical issues</i>			<i>Unawareness</i>	
	<i>Impractical load on users</i>			<i>Receptivity to feedback</i>	
	<i>Feedback from technology</i>		Interpersonal contextual barriers	Aspects of collaboration	
	<i>Relevance of feedback</i>			Power dynamics	
System-caused harm	Tracking causes harm			Multiple users of PI tool	
	Distraction			Social contexts	
	Discomfort			Privacy concerns	
	<i>Negative emotional reaction</i>			<i>Social contexts</i>	
	<i>Fearful content</i>			<i>Impacts on FnF</i>	
	<i>Harm from reflection/action</i>			<i>Role of experts</i>	[126]
	<i>Distraction</i>			<i>Privacy concerns</i>	
Fluctuating motivation	Situational lapsing		Individual perspective-induced barriers	Abandonment by choice	
	Tracking only when needed			Resistance to tracking	
	Lack of novelty			Unrealistic expectations	
	<i>Progress toward goal</i>			<i>Resistance to technology</i>	
	<i>Urgency of situation</i>			<i>Ignorance/ procrastination</i>	
	<i>Expectations of novelty</i>			<i>Willingness to change</i>	
	<i>Anticipation of outcome</i>				

Fluid Intake

Category	Sub-category	References	Category	Sub-category	References
Threats to data integrity	Questionable accuracy		Personal contextual barriers	Limited knowledge/skill	
	Abandoning due to lack of trust			Physical & cognitive limits	
	Data manipulation			Forgetfulness	
	Tracking only the data needed			Limited time & resources	
	Levels of granularity			Individual differences	
	Multiple sources of data			<i>Limited knowledge/skill</i>	
	Timing of tracking			<i>Limited time & resources</i>	
	<i>Inaction due to mistrust</i>			<i>Physical & cognitive limit</i>	
Design & implementation	Language of prompt		Situational contextual barrier	Traveling	
	Retrospective tracking			Diverse life circumstances	
	Intermittent tracking			Unawareness	
	Technical issues			No access to tracker	
	Burdens of tracking			Ingrained perspectives	
	Relevance of data to track			<i>Lack of control over situation</i>	
	<i>Positive features</i>			<i>Living condition</i>	
	<i>Technical issues</i>	[58]		<i>Unawareness</i>	[58]
	<i>Impractical load on users</i>			<i>Receptivity to feedback</i>	
	<i>Feedback from technology</i>		Interpersonal contextual barriers	Aspects of collaboration	
System-caused harm	<i>Relevance of feedback</i>			Power dynamics	
	Tracking causes harm			Multiple users of PI tool	
	Distraction			Social contexts	
	Discomfort			Privacy concerns	
	<i>Negative emotional reaction</i>			<i>Social contexts</i>	[58]
	<i>Fearful content</i>			<i>Impacts on FnF</i>	
	<i>Harm from reflection/action</i>			<i>Role of experts</i>	
Fluctuating motivation	<i>Distraction</i>	[58]	Individual perspective-induced barriers	<i>Privacy concerns</i>	
	Situational lapsing			Abandonment by choice	[58]
	Tracking only when needed			Resistance to tracking	
	Lack of novelty			Unrealistic expectations	
	<i>Progress toward goal</i>	[58]		<i>Resistance to technology</i>	
	<i>Urgency of situation</i>			<i>Ignorance/ procrastination</i>	
	<i>Expectations of novelty</i>			<i>Willingness to change</i>	
	<i>Anticipation of outcome</i>				

Personal communication

Category	Sub-category	References	Category	Sub-category	References
Threats to data integrity	Questionable accuracy		Personal contextual barriers	Limited knowledge/skill	
	Abandoning due to lack of trust			Physical & cognitive limits	
	Data manipulation			Forgetfulness	
	Tracking only the data needed			Limited time & resources	
	Levels of granularity			Individual differences	
	Multiple sources of data			<i>Limited knowledge/skill</i>	[195]
	Timing of tracking	[195]		<i>Limited time & resources</i>	
	<i>Inaction due to mistrust</i>			<i>Physical & cognitive limit</i>	
Design & implementation	Language of prompt		Situational contextual barrier	Traveling	
	Retrospective tracking			Diverse life circumstances	
	Intermittent tracking			Unawareness	
	Technical issues			No access to tracker	
	Burdens of tracking			Ingrained perspectives	
	Relevance of data to track			<i>Lack of control over situation</i>	[195]
	<i>Positive features</i>			<i>Living condition</i>	[195]
	<i>Technical issues</i>			<i>Unawareness</i>	
	<i>Impractical load on users</i>	[195]		<i>Receptivity to feedback</i>	
	<i>Feedback from technology</i>		Interpersonal contextual barriers	Aspects of collaboration	
	<i>Relevance of feedback</i>	[195]		Power dynamics	
System-caused harm	Tracking causes harm			Multiple users of PI tool	
	Distraction			Social contexts	
	Discomfort			Privacy concerns	
	<i>Negative emotional reaction</i>			<i>Social contexts</i>	
	<i>Fearful content</i>			<i>Impacts on FnF</i>	
	<i>Harm from reflection/action</i>			<i>Role of experts</i>	
	<i>Distraction</i>			<i>Privacy concerns</i>	
Fluctuating motivation	Situational lapsing		Individual perspective-induced barriers	Abandonment by choice	
	Tracking only when needed			Resistance to tracking	
	Lack of novelty			Unrealistic expectations	
	<i>Progress toward goal</i>			<i>Resistance to technology</i>	
	<i>Urgency of situation</i>			<i>Ignorance/ procrastination</i>	
	<i>Expectations of novelty</i>			<i>Willingness to change</i>	
	<i>Anticipation of outcome</i>				

Commuting practices

Category	Sub-category	References	Category	Sub-category	References
Threats to data integrity	Questionable accuracy		Personal contextual barriers	Limited knowledge/skill	
	Abandoning due to lack of trust			Physical & cognitive limits	
	Data manipulation			Forgetfulness	
	Tracking only the data needed			Limited time & resources	
	Levels of granularity			Individual differences	
	Multiple sources of data			<i>Limited knowledge/skill</i>	[13]
	Timing of tracking			<i>Limited time & resources</i>	
	<i>Inaction due to mistrust</i>			<i>Physical & cognitive limit</i>	
Design & implementation	Language of prompt		Situational contextual barrier	Traveling	
	Retrospective tracking			Diverse life circumstances	
	Intermittent tracking			Unawareness	
	Technical issues			No access to tracker	
	Burdens of tracking			Ingrained perspectives	
	Relevance of data to track			<i>Lack of control over situation</i>	
	<i>Positive features</i>			<i>Living condition</i>	
	<i>Technical issues</i>			<i>Unawareness</i>	
	<i>Impractical load on users</i>			<i>Receptivity to feedback</i>	
	<i>Feedback from technology</i>		Interpersonal contextual barriers	Aspects of collaboration	
	<i>Relevance of feedback</i>			Power dynamics	
System-caused harm	Tracking causes harm			Multiple users of PI tool	
	Distraction			Social contexts	
	Discomfort			Privacy concerns	
	<i>Negative emotional reaction</i>			<i>Social contexts</i>	
	<i>Fearful content</i>			<i>Impacts on FnF</i>	
	<i>Harm from reflection/action</i>			<i>Role of experts</i>	
	<i>Distraction</i>			<i>Privacy concerns</i>	
Fluctuating motivation	Situational lapsing		Individual perspective-induced barriers	Abandonment by choice	
	Tracking only when needed			Resistance to tracking	
	Lack of novelty			Unrealistic expectations	
	<i>Progress toward goal</i>			<i>Resistance to technology</i>	
	<i>Urgency of situation</i>	[13]		<i>Ignorance/ procrastination</i>	
	<i>Expectations of novelty</i>			<i>Willingness to change</i>	
	<i>Anticipation of outcome</i>				

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