

## **ABSTRACT**

**1. Your name**

CARYN CHAN

**2. Full title of your degree**

Master of Science Interactive Digital Media

**3. Title of your dissertation**

One Step at a Time: An examination of wearable fitness devices used for tracking activity and considering the motivational impact from their use.

**4. Name of your supervisor - Glenn Strong**

**5. Year – 2017**

**6. Text of abstract of your dissertation**

Wearable devices for tracking activity are designed for efficiency in reaction to developing technologies and knowledge. This paper questions how the micro-management of physical activity has implications for motivational human behaviour and the macro-issue of health and fitness.

The methodology of this Research Paper establishes a theoretical framework through literature reviews discussing the management of health and fitness through activity and exercise; devices and technologies as a tool for measurement and understanding; and their use and integration in daily life as an extension of the body. A qualitative survey and critical analysis of results follows to evaluate the factors behind the take up and effectiveness of fitness trackers.

This research paper examines the relationship between users and wearable technologies and proves that fitness trackers are more than simply just objective tracking devices but powerful motivational tools in promoting physical activity.