

Subjects of this thesis are the quantified self and user motivation. This paper aims to determine what brings users to the self-tracking lifestyle as well as what devices they use and why.

In the theoretical part of the paper types of self-tracking devices, their potential uses in various aspects of life and the ways they communicate with users are described. In the practical part of the paper results of a small-scale user study are presented. The objective of this study was to identify what motivates the users participating in the study to self-track.

The theoretical part of the paper may serve as an introduction to quantified-self while the results presented in the practical part may be used for further, more in-depth, research.