Self-monitoring comprises an “awareness of bodily symptoms, sensations, daily activities, and cognitive processes” and “measurements, recordings, or observations that inform cognition and provide information for independent action or consultation with care providers” (Wilde & Garvin, 2007, p. 344). This definition reveals key dimensions of self-awareness, observation, recording, knowledge, and reporting. Self-monitoring is proposed to contribute to self-management through improved symptom recognition and disease regulation (Wilde & Garvin, 2007).

Self-monitoring, or tracking, is becoming more popular in the general population. New technologies highlight the explosion of, and interest in, health-related self-monitoring. Use of the Internet and smartphone applications provide growing opportunities for consumers to track their health (Cha, 2015). People can track exercise, diet, and sleep and participate in online communities where they can track health conditions and share observations. Electronic personalized...