

**Abstract for the master thesis *Scripting 'Normality' - Habit tracking applications and the moralities of technologically mediated practices* by Timo Bühler**

Since the smartphone has become a ubiquitous companion for humans in the digital society, mobile applications have been deployed for a wide range of use cases. Habit tracking applications are for example used to track personal habits and ultimately change them. For this thesis I have performed autoethnographies on different habit tracking applications and conducted interviews with the respective developers. By combining the insights drawn from these, I can show that even though the developers base the 'scripts' for their apps on personal experiences, they still remain embedded in more general thought styles. That's why I suggest extending the concept of the I-Methodology by Madeleine Akrich with a collective component. Further on, I demonstrate how the users of habit tracking applications are imagined by the developers to be deficient and how they are therefore in need of external support when attempting to change their habits. This is complemented by the finding that habit tracking applications act as echo chambers of moralities as they reproduce, for instance, existing ideas of what it means to be productive instead of questioning them. Finally, I display how practices of habit tracking are just the basis for the formation of new habits. By defining specific habits as good or bad the developers ultimately make 'politics by other means' through their apps. Through the immediate examination of these apps and their developers I shed light on the process of inscribing moralities into a mundane artefact that permeates contemporary everyday life.