Me and a classmate are building a combined training dashboard as a project in our program to become Data Engineers. The project will last along this fall, and the dashboard will integrate Garmin Connect cardio data with strength-training data from the StrengthLog app. Through a secure pipeline in AWS/Redshift, we ingest Garmin data via API, model it in Redshift, and visualize it alongside StrengthLog metrics with Taipy.

The purpose is to let each user view and analyze their own Garmin activities together with their strength logs in one place (workout/week/month/year), covering distance, time, heart rate, elevation, calories, speed, training effect, and total lifted volume. Only mine and perhaps my classmates data is used to provide the dashboard for our own personal use, hence we have no intention to resale or other unauthorized sharing – other from sharing our code on github.