Hello,

My name is Erik Unevik and I’ve been a long-time user of Garmin Connect. My Garmin watch and the data it provides have been an important part of my training over the years.

I’m currently studying to become a Data Engineer at Stockholm Institute of Technology (2024–2026), following over 13 years of experience as a licensed physiotherapist. I also hold a master’s degree in public health with a focus on social epidemiology and osteoarthritis research.

Together with a classmate, I’m planning a small student project this fall (max 80 hours). Our idea is to build a personal training dashboard, where data from both Garmin Connect and the StrengthLog app is downloaded into a database (e.g. PostgreSQL or Snowflake) and then visualized in a user-friendly interface built in tools like Streamlit or Taipy.

I’ve seen several GitHub projects that work with Garmin data, but I wanted to ask: do you offer an official API or export functionality that would allow users to securely retrieve their own training data for private analysis? And/or are there any project on Github that from your experience would suit us well in relation to our projects aim?

If you have any thoughts, feedback or suggestions on how to structure or work with Garmin data for personal insights, we would be happy to hear them.

I look forward to your reply.

Best regards,

Erik Unevik