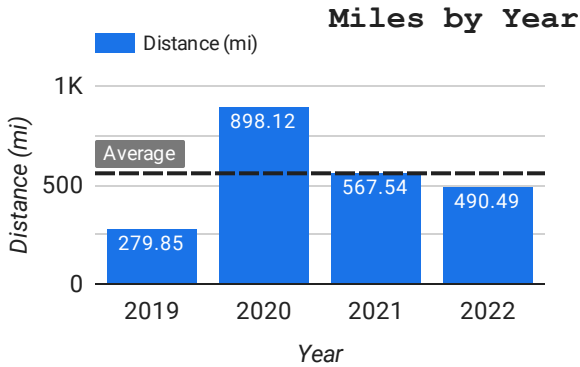


MapMyRun Data 2019 - 2022



Calories Burned (kCal) **288,987**

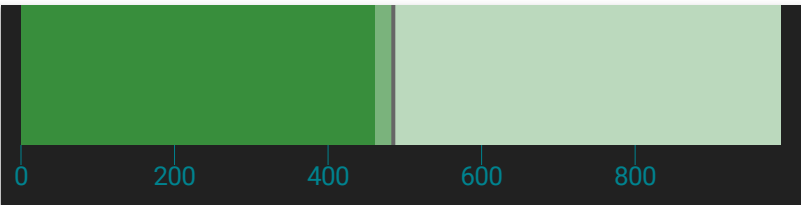
Activity Count **717**

Max Distance (mi) **13.48**

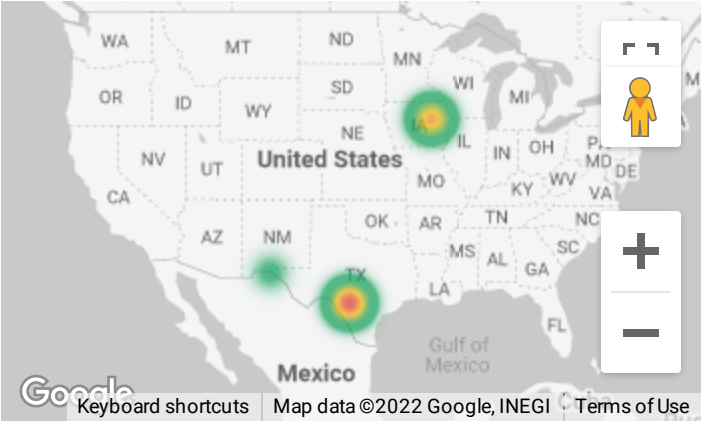
Steps **3,853,779**

Distance (mi) **2,236**

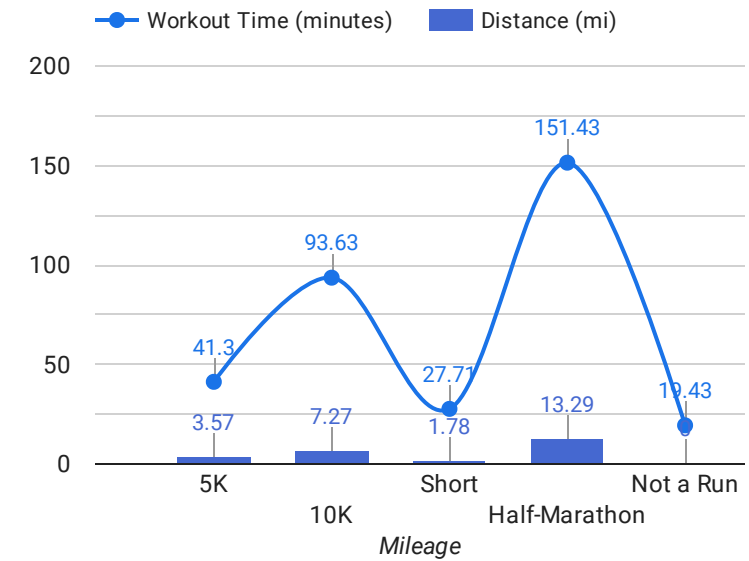
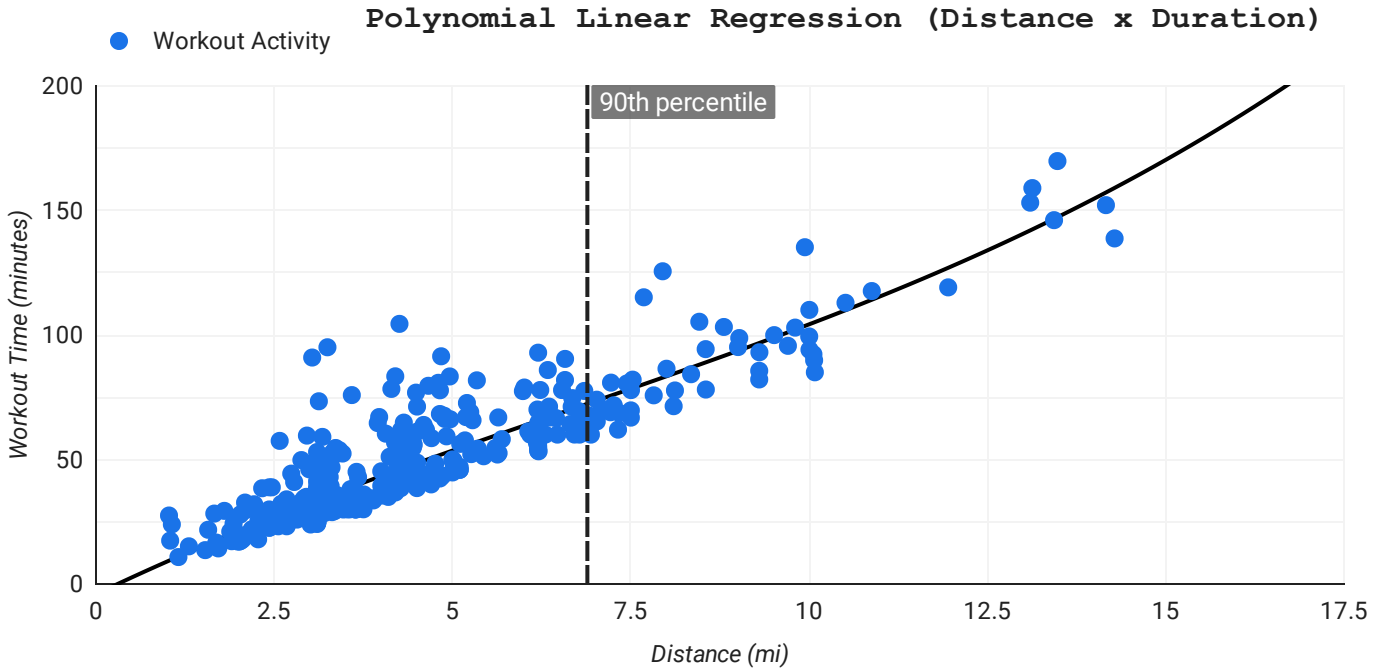
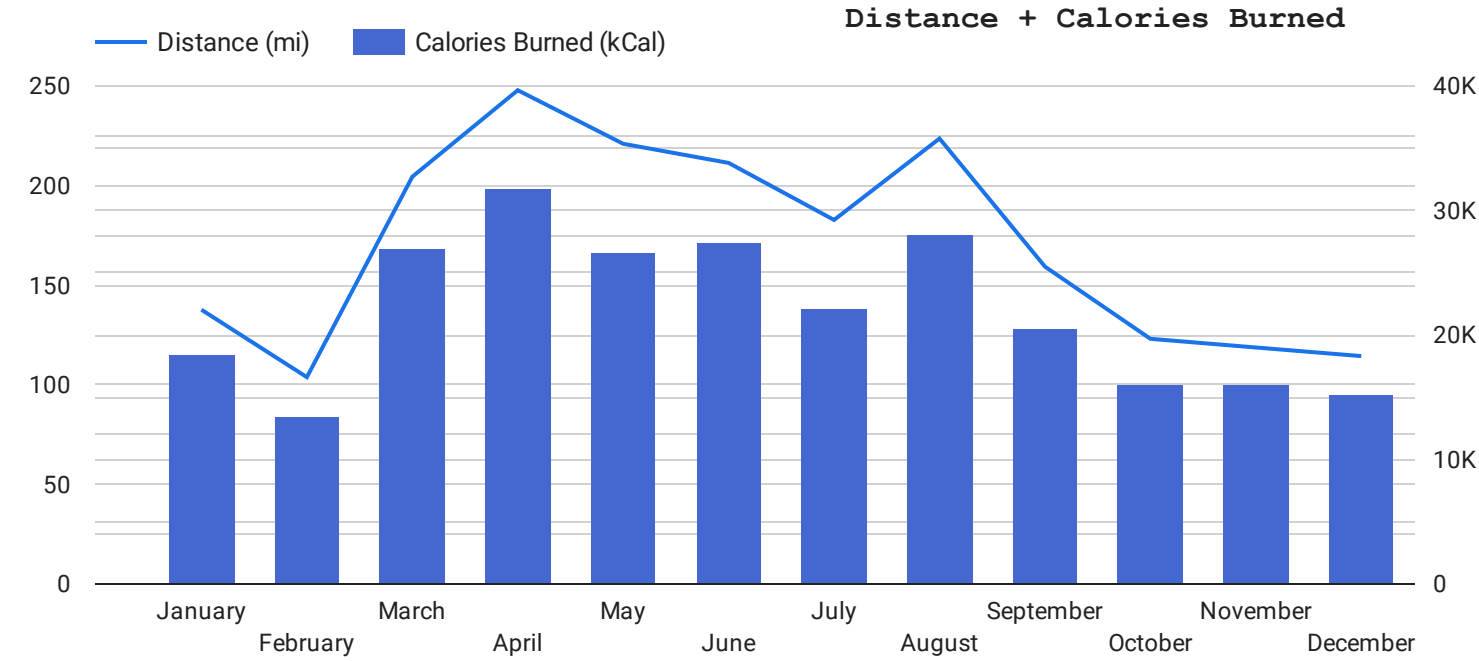
Distance (mi)
490.49



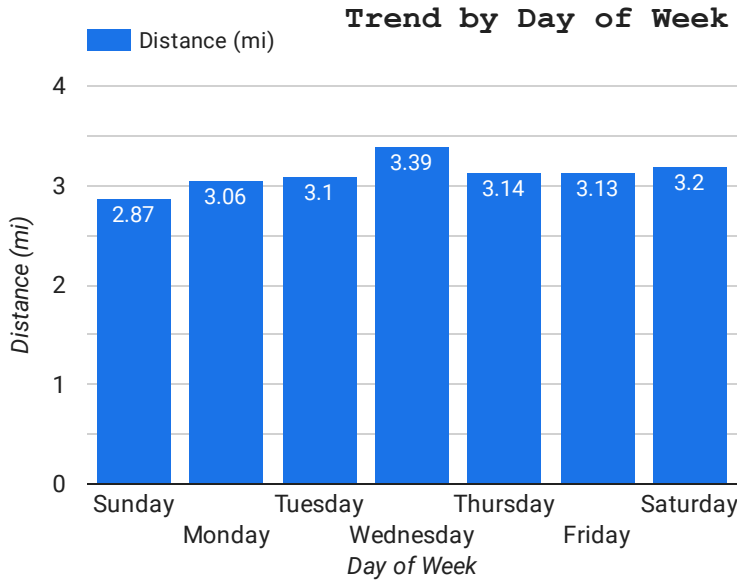
2022 Goal
990



Distance (mi) 0 1,236.58

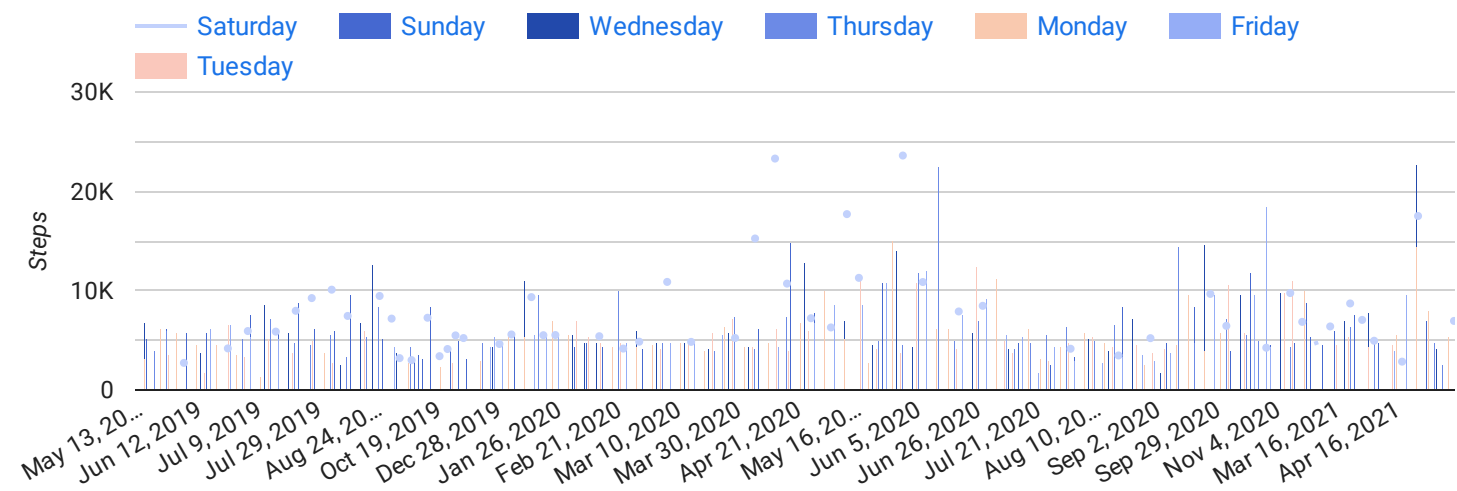
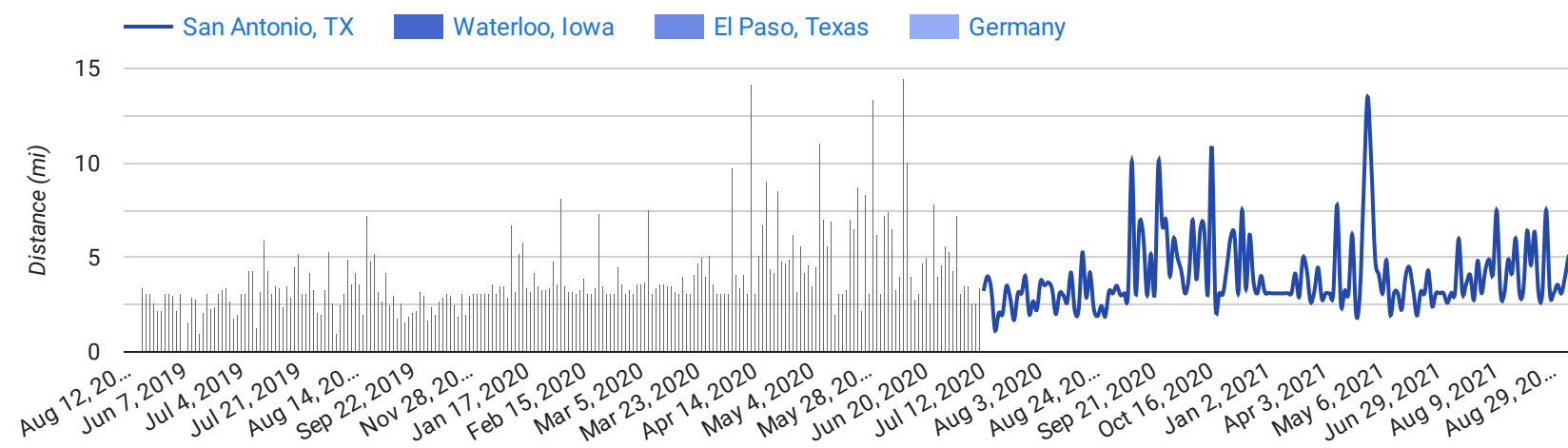
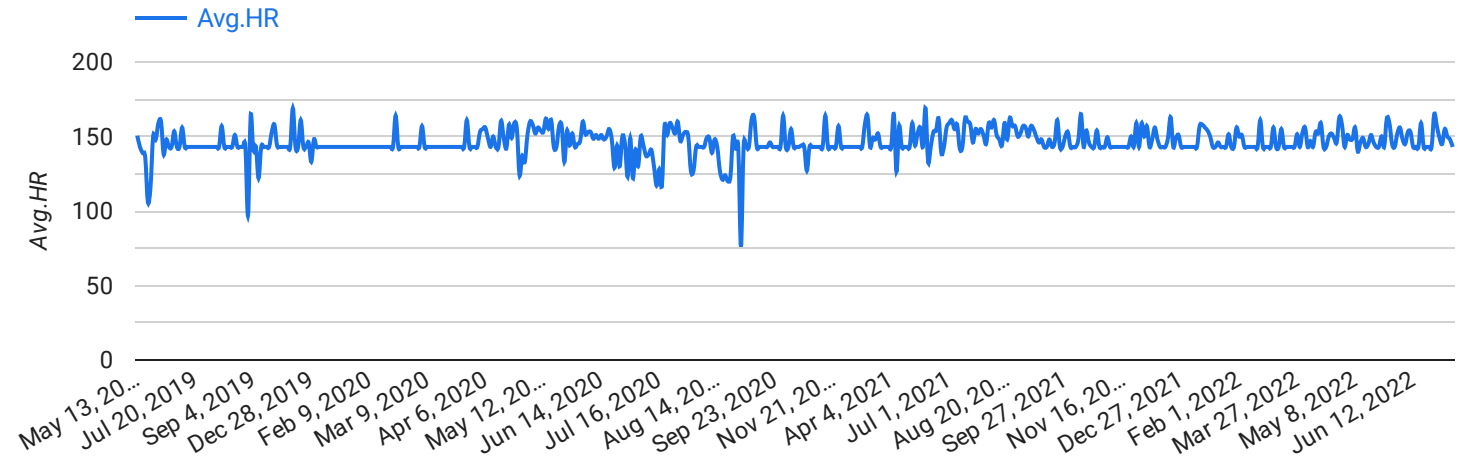
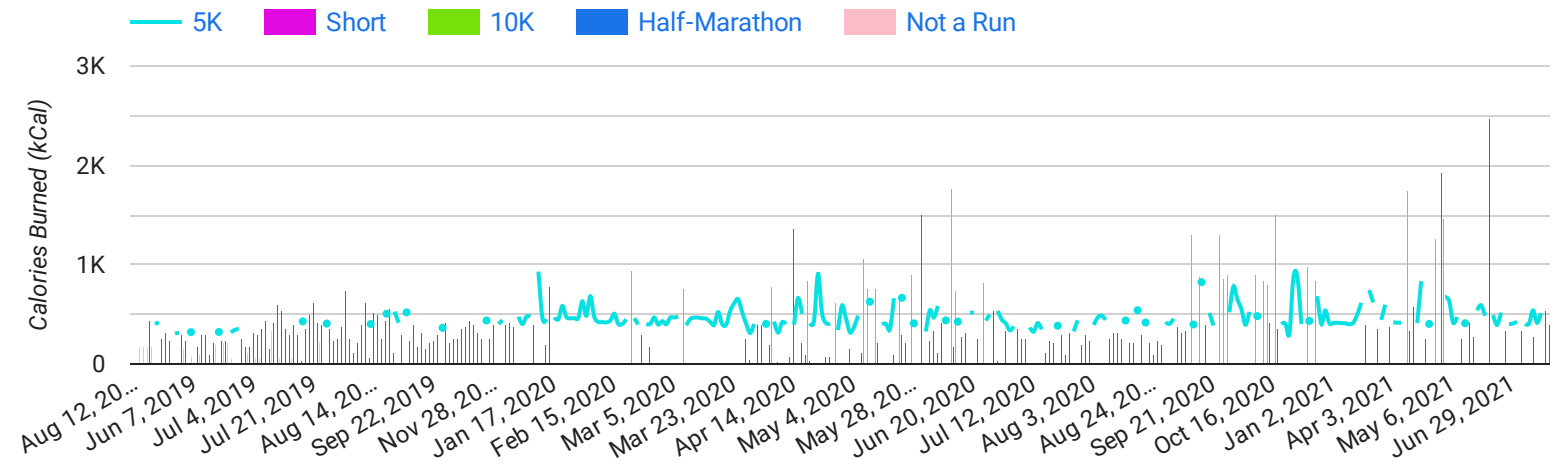
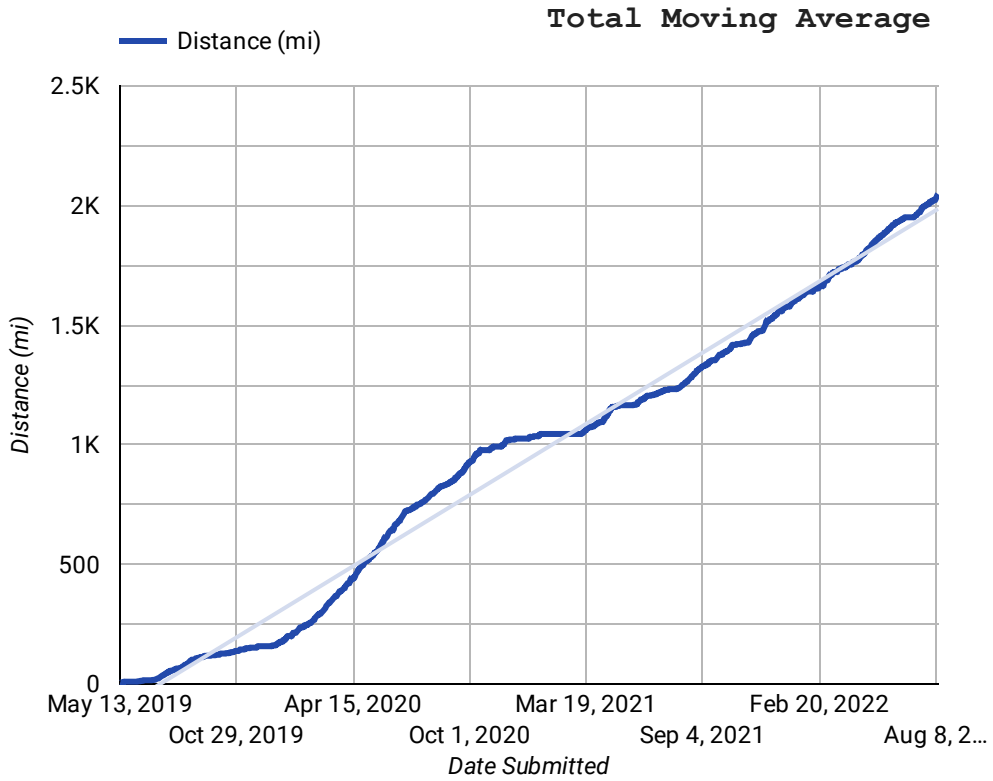
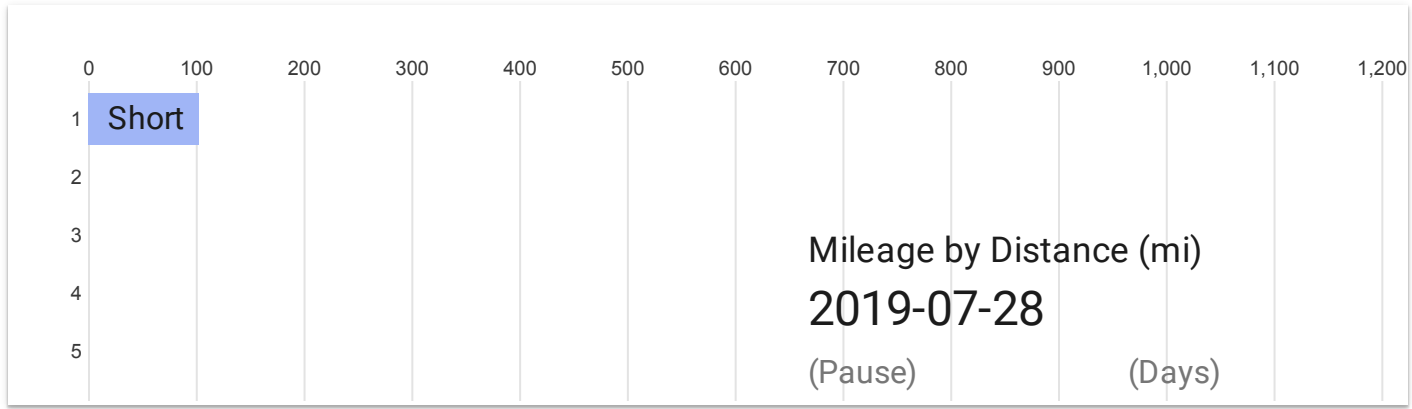


Activity Type / Distance (mi) / Calories Burned (kCal)						
Year	Run		Walk		Indoor Run / Jog	
	Distance (mi)	Calories Bu...	Distance (mi)	Calories Bu...	Distance (mi)	Calories Bu...
2022	476.39	62,653	14.1	1,895	-	-
2021	527.98	74,375	28.59	6,779	10.97	1,596
2020	858.78	102,425	29.84	2,894	-	-
2019	169.5	21,303	105.8	11,190	4.55	594



MapMyRun Data 2019 - 2022

Time Analysis

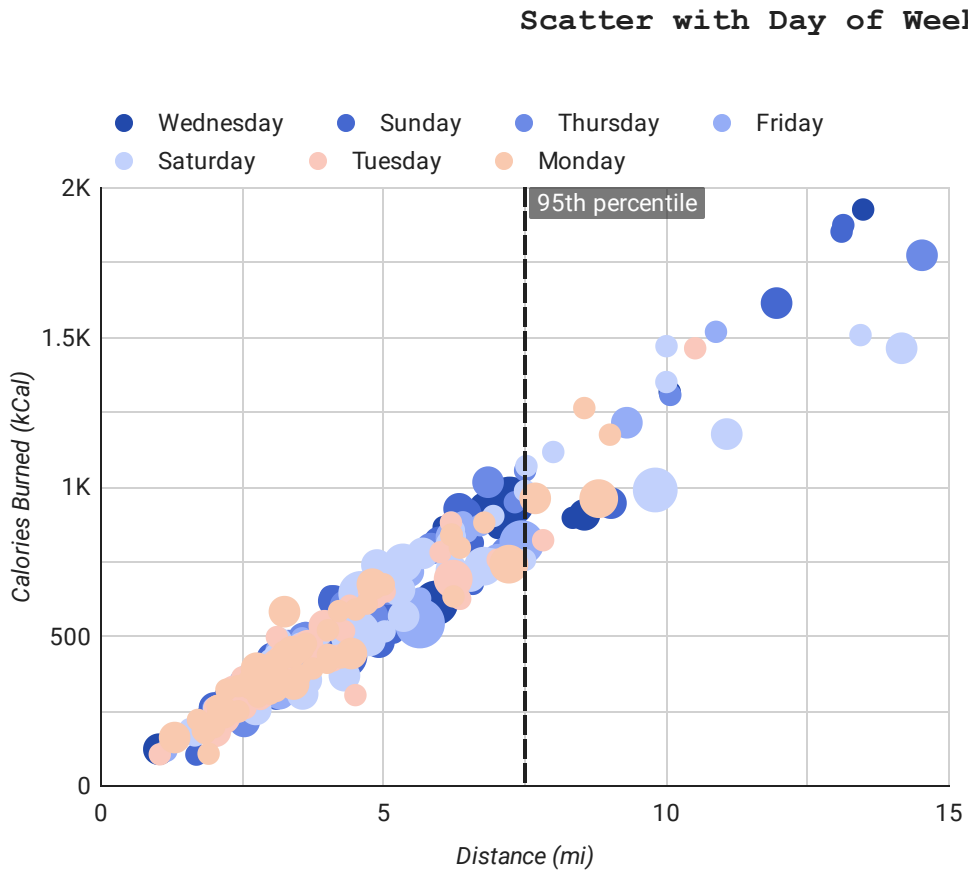
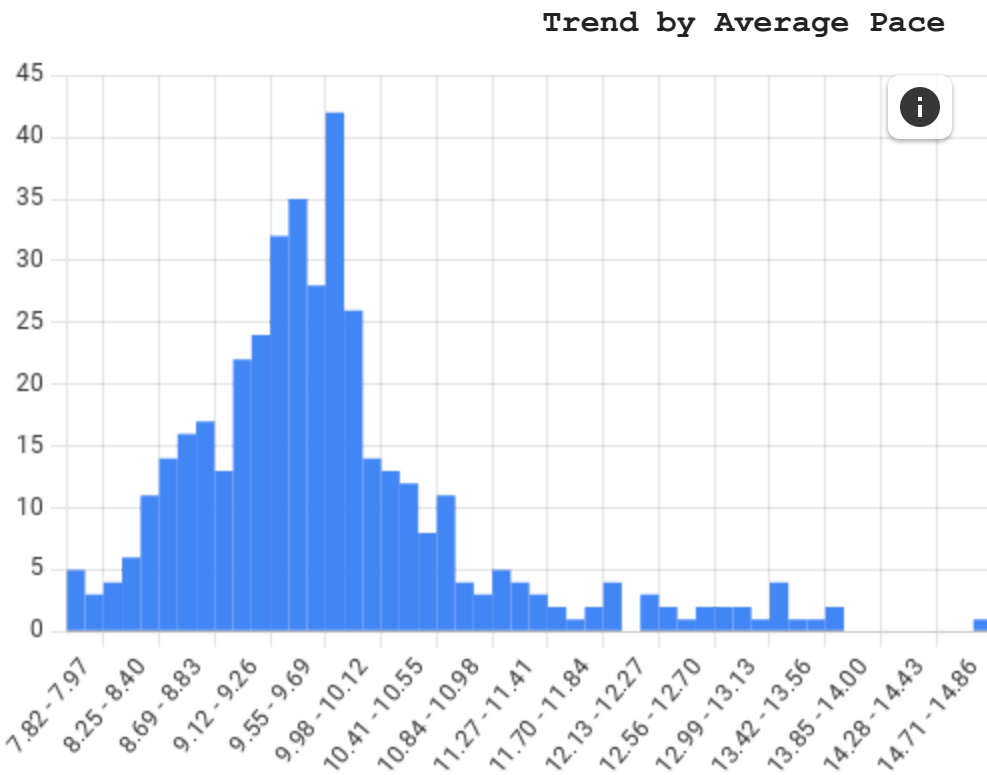
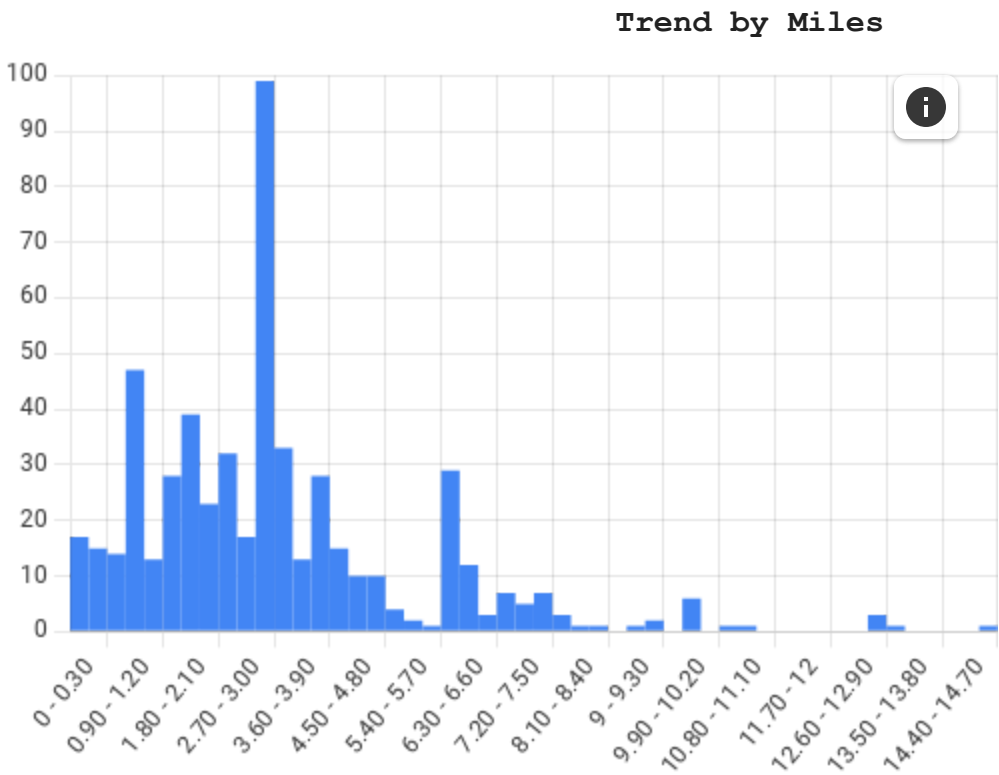


Select date range

MapMyRun Data 2019 - 2022

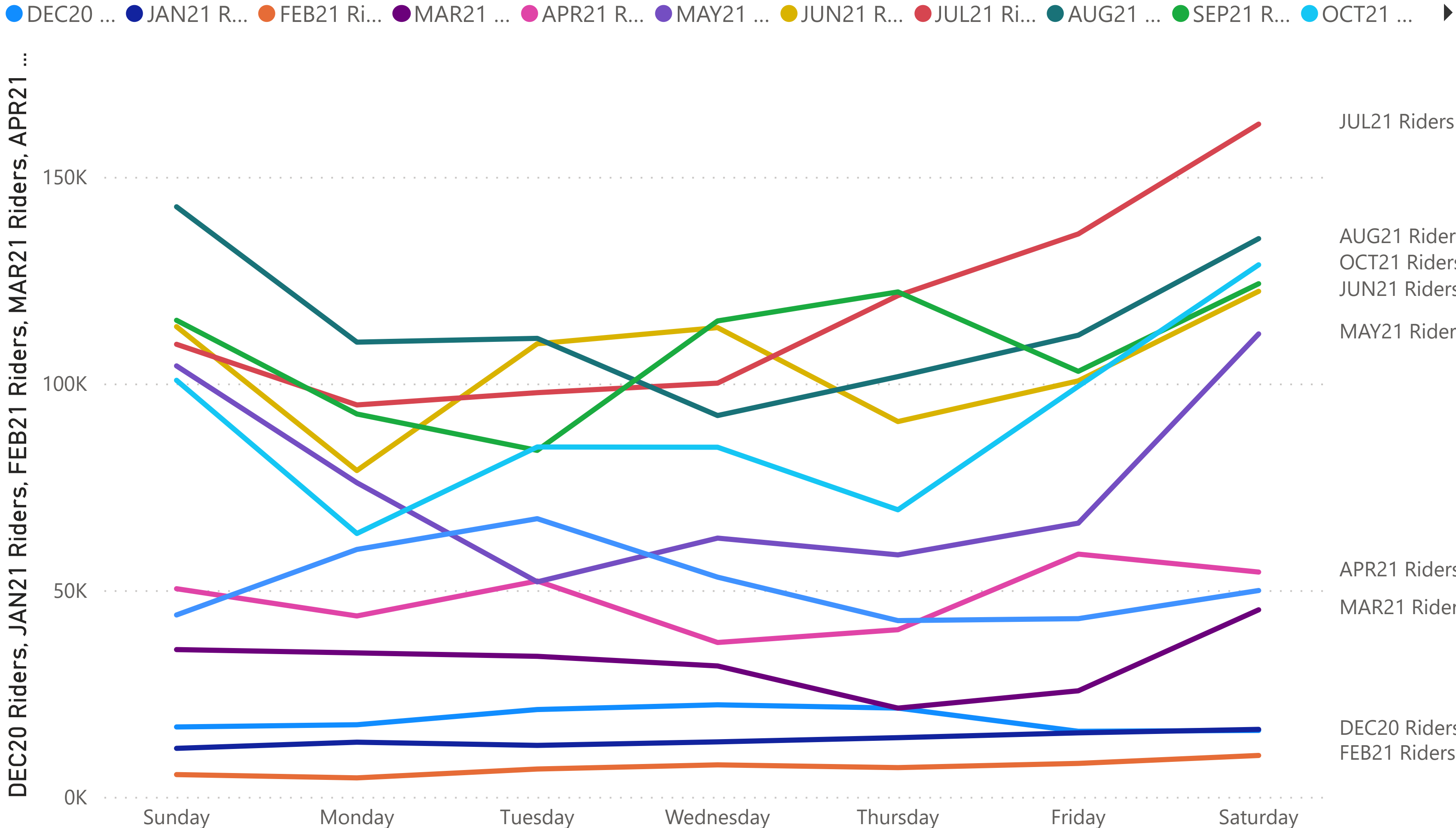
Trend Analysis

Distance (mi)

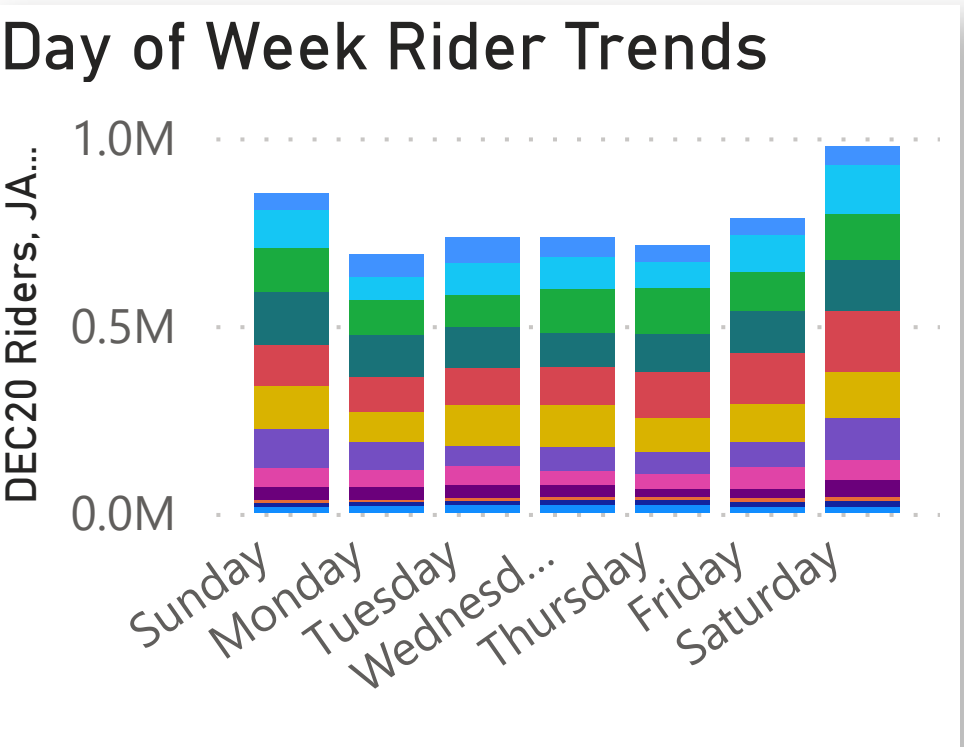
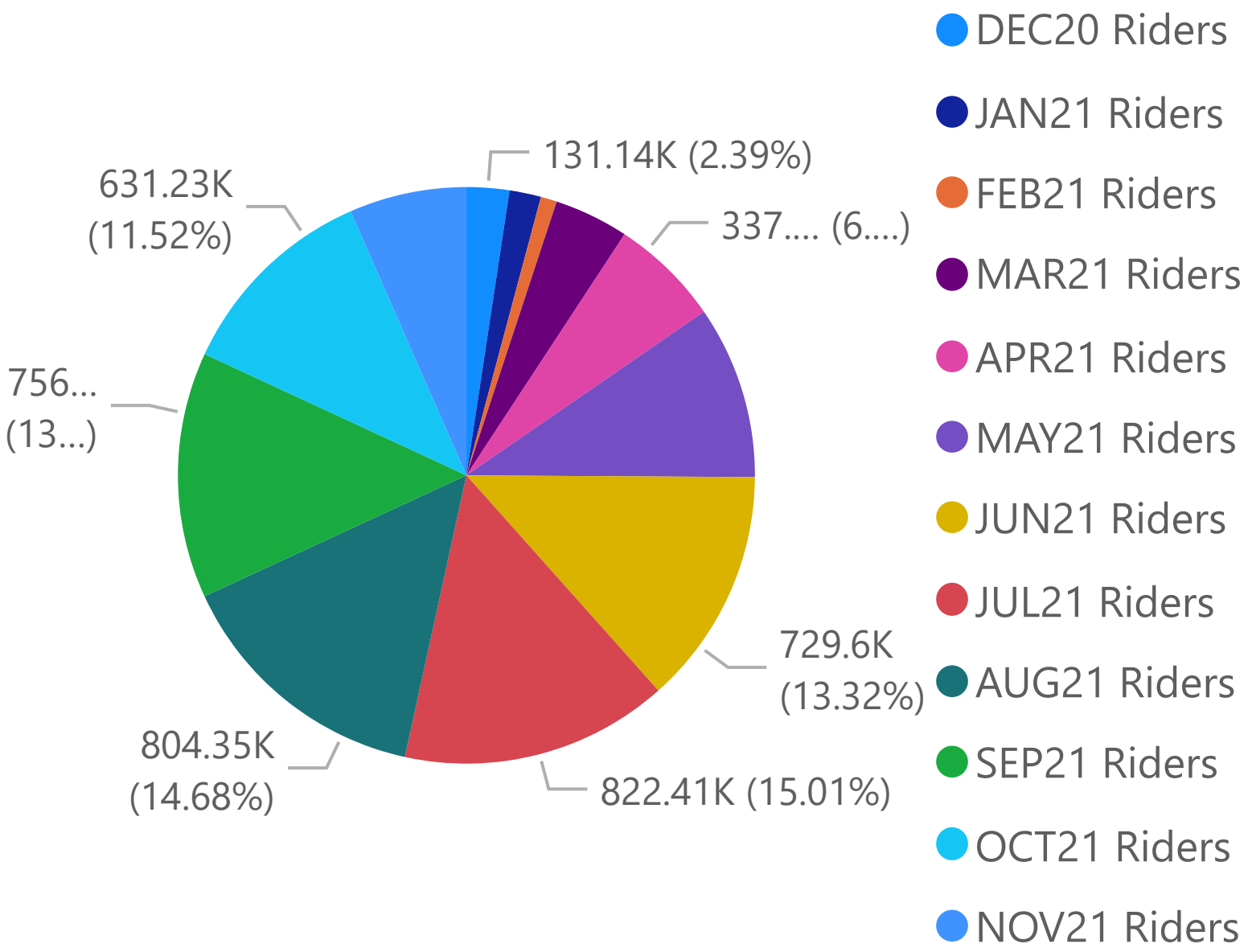


Total Run Data											
	Workout Date	Location	Mileage	Activity Type	Distance (mi)	Minutes	Cal Burned	Avg.HR	Avg Pace	Avg Speed (mi/h)	Steps
1.	Aug 11, 2022	El Paso, Texas	5K	Run	4.63	61.87	576	116	13.37	4.49	7,878
2.	Aug 10, 2022	El Paso, Texas	10K	Run	7.02	74.02	863	144	10.54	5.69	11,520
3.	Aug 9, 2022	El Paso, Texas	10K	Run	6.35	71.23	626	145	11.21	5.35	11,074
4.	Aug 8, 2022	El Paso, Texas	10K	Run	6.35	66.88	797	146	10.53	5.7	10,360
5.	Aug 6, 2022	El Paso, Texas	Short	Run	2.37	23.5	311	152	9.91	6.05	3,639
6.	Aug 3, 2022	El Paso, Texas	5K	Run	6.09	60	820	143	9.85	6.09	9,545
7.	Jul 30, 2022	El Paso, Texas	10K	Run	8	86.45	1,117	143	10.81	5.55	13,634
8.	Jul 28, 2022	El Paso, Texas	5K	Run	3.16	31.75	314	158	10.06	5.96	5,020
9.	Jul 25, 2022	El Paso, Texas	5K	Run	4.26	104.47	430	87	24.48	2.45	8,227
Grand total					2,048.17	23,097.83	262,946	145.56	6,161.25	3,530.96	3,516,050

Day of Week Rider Trends



Monthly Rider Trends



DOW	DEC20 Riders	JAN21 Riders	FEB21 Riders	MAR21 Riders	APR21 Riders	MAY21 Riders	JUN21 Riders	JUL21 Riders	AUG21 Riders	SEP21 Riders	OCT21 Riders	NOV21 Riders
Sunday	16910	11736	5384	35627	50353	104262	113757	109490	142758	115302	100780	44003
Monday	17443	13223	4590	34825	43761	76001	78943	94819	110011	92627	63715	59855
Tuesday	21125	12451	6735	34000	52226	52011	109620	97786	110923	83822	84646	67299
Wednesday	22265	13302	7736	31669	37345	62596	113526	100092	92252	115144	84585	53153
Thursday	21471	14316	7073	21466	40436	58542	90796	121275	101667	122160	69450	42640
Friday	15859	15483	8090	25657	58724	66219	100642	136188	111686	102945	99327	43109
Saturday	16066	16323	10014	45252	54385	112002	122311	162760	135055	124147	128723	49919
Total	131139	96834	49622	228496	337230	531633	729595	822410	804352	756147	631226	359978

```
1 %pip install gspread
2 %pip install oauth2client
```

```
1 import pandas as pd
2 from oauth2client.service_account import ServiceAccountCredentials
3 import gspread
4
5 df = pd.read_csv("https://raw.githubusercontent.com/Cbhami/Coraline/master/Resources/csv_data/user94403143_workout_data.csv")
6 df['Date Submitted'] = pd.to_datetime(df['Date Submitted'])
7 df['Date Submitted'] = df['Date Submitted'].dt.strftime('%Y-%m-%d')
8 df['Workout Date'] = pd.to_datetime(df['Workout Date'])
9 df['Workout Date'] = df['Workout Date'].dt.strftime('%Y-%m-%d')
10 df.to_csv(r'C:\Users\coleb\OneDrive\Coraline\Resources\csv_data\user94403143_workout_data.csv')
11
12 #Mac
13 # credentials = ServiceAccountCredentials.from_json_keyfile_name(r'/Users/colehamilton/Library/CloudStorage/OneDrive-Personal/Coraline/Resources/credentials.json')
14 # client = gspread.authorize(credentials)
15
16 # spreadsheet = client.open('Data_File')
17
18 # with open(r'/Users/colehamilton/Library/CloudStorage/OneDrive-Personal/Coraline/Resources/credentials.json') as f:
19 #     content = f.read()
20 #     client.import_csv(spreadsheet.id, data=content)
21
22 ###
23
24 #Windows
25 scope = ["https://spreadsheets.google.com/feeds", 'https://www.googleapis.com/auth/drive.file', "https://www.googleapis.com/auth/drive"]
26
27 credentials = ServiceAccountCredentials.from_json_keyfile_name(r'C:\Users\coleb\OneDrive\Coraline\Resources\credentials.json')
28 client = gspread.authorize(credentials)
29
30 spreadsheet = client.open('Data_File')
31
32 with open(r'C:\Users\coleb\OneDrive\Coraline\Resources\csv_data\user94403143_workout_data.csv') as f:
33     content = f.read()
34     client.import_csv(spreadsheet.id, data=content)
35
36
```