On Screen HR Guide

* What You need:

1. Knowledge of Python & required modules
2. Fitbit API key with HR and activities permission written to a text file
3. Tested for windows 10
4. Code link:

* Features & descriptions:

1. Auto-updating on screen HR display (Updates every 15 minutes on average)
2. First heart is LHR [ lowest HR of the last 15 minutes]

Second heart is HR [ Average HR of the last 15 minutes]

Third heart is HHR [ Highest HR of the last 15 minutes]

1. Always stays on top of every window.
2. Fixed position. Transparent (see through) display and pass-through mouse clicks (The window does not block your clicks on screen)
3. Color & icon coded information [ 65-80 normal for LHR, 80-100 Normal for HHR and 70-90 normal range for average HR]
4. Customizable goal for the step count %
5. If last update time is before 30 minutes of current time, heart icon becomes a crossed HR sign indicating no recent updates.
6. No close button, no tray icon, can be closed only by Hotkey (Ctrl + Alt + q)
7. Future possibilities: A warning message box can be created if all LHR, HR, HHR are out of normal range (warning message-box not available in current version)

Limitations:

1. The only limitation for now is 15 minutes delay from current data. So if your HR increases abnormally now, you will get the values & warning on screen after 15 minutes (Because Fitbit syncs with phone and send data to server in about 15 minutes time interval)
2. Both of the PC and Phone needs to be connected to internet (Not necessarily in the same local Wi-Fi network though, they may stay separated from each other)