## Total Datasets

1) → Health Data → Apple Health
Primary tracking device Apple watch Ultra

Apple Health Export Structure

- Export .xml ] main files
- Export_cda.xml ]
- Record_types ] Folders ] workout files stored in .gpx format
- workout_types ]
- metadata ]

Python Script ]

- → Convert all Apple Health Export Data into a csv file
- → fetch minute by minute data
- → Pool Data based on Constant parameters
  - Only constant parameters which dont Change in a day were pooled with a pooling factor of 10.05
- → Finer Health Data CSV fetched
- → Structured Data Size 54,014 lines

## (2) Router Sense Data

Original Structure → Timestamp / ip Address/Name / Upload / Download

Fetch Screen Time Data From Router Sense Data

Assumption → if more than 1000 kb is exchanged its a screen on

if not then its a notification hand shake

Python Script
- Threshold Based Screen Time Calculation
  Threshold set at 1000 kB
- Python script to fetch 2 files
  minute by minute data
  - if a positive threshold is crossed
    screen on = 1 or Else 0
  - Daily Data
    Add all the ones from the above logic and fetch screen time in number of hours
- All of Data is stored in CSV files
- Size of both the files
  minute by minute Data → 70,498 Lines
  Daily data → 30 Lines

(3) Weather Data

Fetched weather Data from the Open Meteo API

Data Fetched was in Hourly Data

Python script → Converged hourly data with interpolation for smooth transitions

Size of Data → 54662 Lines

Size of Datasets

→ Apple Health → 54013 Lines

→ Rover Sense Data → 70498 Lines

→ Weather Dataset → 54662 Lines

Start Date

14th October, 2025

16th October, 2025

14th October, 2025

End Date

Apple Health — 20th November 2025, 15:36:00

Rover sense — 3rd December, 2025, 23:21:00

weather — 20th November, 2025, 23:00:00

In Final Dataset,

Column A to AJ → Health Data

Ak / AL → Screen Time Data

AM → AQ → weather Data

Final Data Size

→ 43 Columns

→ Data points

49888