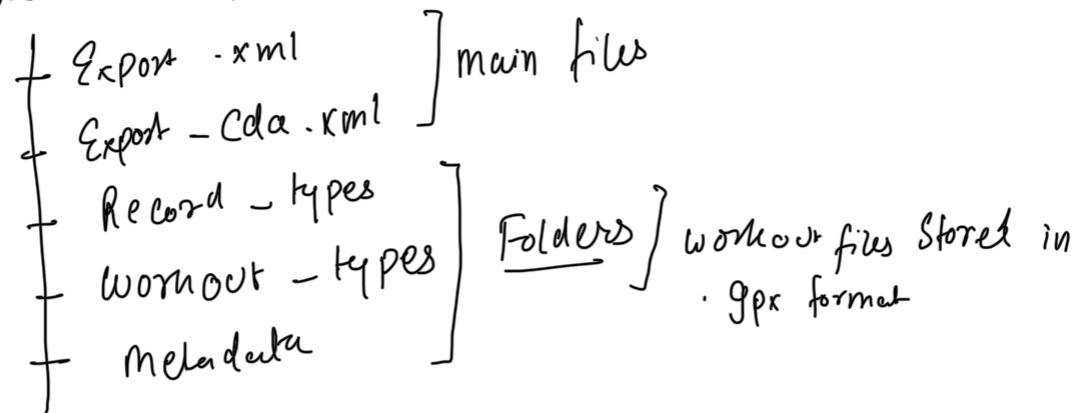


Total Datasets

1) → Health Data → Apple Health

Primary tracking device Apple Watch Ultra

Apple Health Export Structure



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 don't change in a day were pooled with a pooling factor of 10.05
- Final 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 1000KB
- Python script to fetch 2 files
minute by minute data
 - ↳ if a position 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 → 50 Lines

③ Weather Data

Fetches weather Data from the Open Metro API

Data Fetched was in Hourly Data

Python script → Converted hourly data with interpolation for
Smooth transitions

Size of Data → 54662 Lines

Size of Data Sets

Start Date

- Apple Health → 54013 Lines
- Router Sense Data → 70498 Lines
- Weather Dataset → 54662 Lines

14th October, 2025

16th October, 2025

14th October, 2025

End Date

Apple Health

20th November 2025, 15:36:00

Router 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 → Ag → weather Data

Final Data Size

→ Data Points

43 Columns

49888

✓

↳

How

→

✓