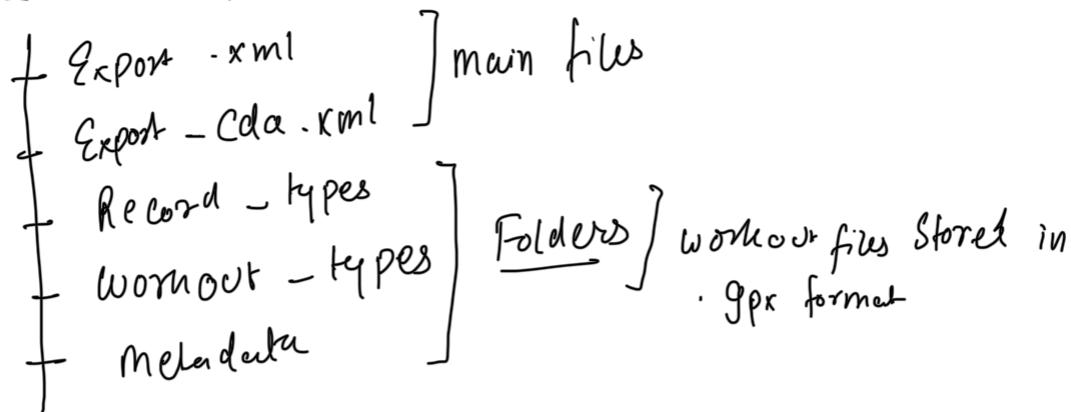


Total Datasets

1) → Health Data → Apple Health
Primary health 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 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 \rightarrow 70,498 lines
Daily data \rightarrow 50 lines

③ Weather Data

Fetched 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 \rightarrow 54662 lines

Size of Data Sets	Start Date
→ Apple Health → 54013 lines	14th October, 2025
→ Room Sense Data → 70498 lines	16th October, 2025
→ Weather Dataset → 54662 lines	14th October, 2025

	End Date
Apple Health	20th November, 2025, 15:36:00
Room 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 → AJ → weather Data

Final Data Size → Data Points
 43 Columns 49888

