Data Dictionary

Established a data dictionary and placed in GitHub to allow others to understand the data variable names and values.

Fitness data master data set

Fields	
Distance	*show distance in either miles/feet (statute units) or kilometers/meters (metric units)*
Enhanced_altitude/Altitude	*To determine the rider's elevation which means the total number of feet the rider climb in a ride)* *This information is recorded during the activity and is used to report elevation related information in Garmin Connect.*
Ascent	*A climb or walk to the summit of a mountain or hill/an instance of rising or moving up through the air.*
Total Ascent	*A total of elevation gain which means the total number of feet the rider climb in a ride*
Average Ascent	*Provides an average of all ascents recorded during an activity*
Maximum Elevation	*Provides the highest elevation achieved.*
Grade	*Data field for Garmin devices that calculates the slope (or grade) of the hill users are walking on*
Calories	*This is the total of active and resting calories that are calculated during a recorded activity on your device (from the moment that you start the timer for the activity to the moment you stop the timer)*
Speed/Distance Algorithm:	*This is the most basic method of determining calories.It is represented in calories/Kcal.*
Speed/Enhanced Speed:	*It is distance by total time sent on an activity. It is calculated in m/sec or m/h.* *If the values of speed are too large to be fit in speed, then enhanced speed is used.*
Heart_rate:	*heart rate values can be set as absolute or relative values. Absolute values represent beats per minute (bpm) for heart rate, or watts for power.*
Temperature:	*The Temperature widget will display the ambient air temperature near the barometric altimeter port. This reading can be affected by body heat.It is is represented in Fahrenheit.*

Cadence	The cadence fields in a FIT file represent RPMs. For cycling 1 RPM equals one full rotation of the cranks Cadence in cycling is the number of revolutions your pedals make per minute as you ride. revolution per minute(RPM)
Power	Power values can be set as absolute or relative values. Absolute values represent watts for power.
Left_right_balance	It shows as a percentage the power separately put out by the left and right leg.
Session_ID	It is unique id generated for each session performed by user
User_ID	It is the unique ID generated for every user
Weight	It gives the weight of the person in kgs
Gender	It Shows gender of registered person of the device
FTP	Functional Threshold Power (FTP) is a measurement from power meters. It is the highest power level you can maintain for one hour without growing fatigued. FTP is beneficial because it provides an outlook on performance ability.
Age	Available on select Garmin watches, Fitness Age is an estimate of how fit you are compared to your actual age. Compatible Garmin watches will measure your Fitness Age differently, depending on which device you have. Fitness age is an estimate of how fit you are compared to your actual age
Product_Name	It describes the product used for recording the activity.

Link to the Wahoo Introduction

https://cloud-api.wahooligan.com/#introduction