Chapter 1

Garmin

test

Data Description

Chapter 2

Heart Rate

Trends

Patterns

Timeseries Analysis

First challenge was importing a .fit file

Next challenge was working with the timestamps.

Accessing the .FIT files exported from the Garmin website

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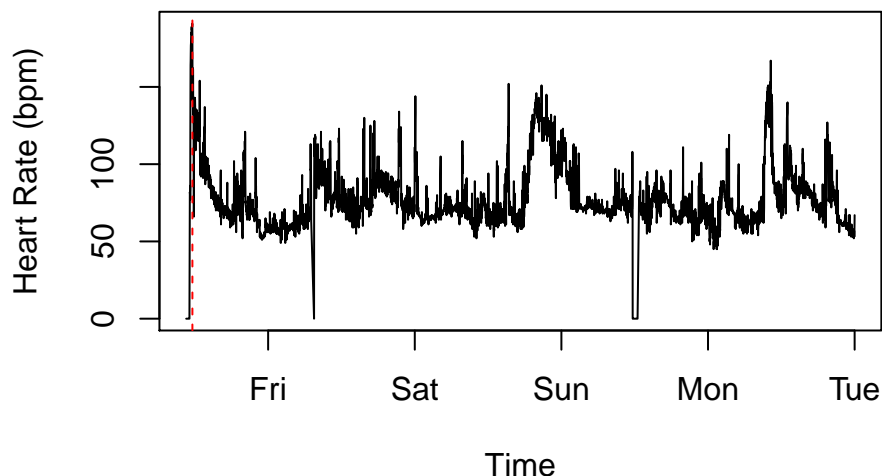
Accessing the .FIT files imported to my computer from the watch.

Investigating each .FIT file imported from the Garmin Watch

```
 [1] "ACTIVITY"         "ADJSTMTS"      "APPS"
 [4] "CHNGLOG"          "DEBUG"         "DEVICE.FIT"
 [7] "GarminDevice.xml" "GOALS"         "GOLF"
[10] "GPS"              "LOCATION"      "METRICS"
[13] "MONITOR"          "NEWFILES"      "RECORDS"
[16] "REMOTESW"         "SCHED"         "SCORE"
[19] "SETTINGS"         "SLEEP"         "SNS_ERR.TXT"
[22] "SPORTS"           "SUMMARY"       "TEMPFIT"
[25] "TEXT"             "TOTALS"        "WORKOUTS"

 [1] "8AT73730.FIT" "8AT73731.FIT" "8AT73732.FIT" "8AT73733.FIT"
 [5] "8AT73734.FIT" "8AT73735.FIT" "8AT73736.FIT" "8AT73737.FIT"
 [9] "8AT73738.FIT" "8AT73739.FIT" "8AT73740.FIT" "8AT73741.FIT"

[1] "File: 1"
$file_id
  manufacturer product serial_number time_created type
1            1   65534        532294    871225057    5


$workout
  capabilities num_valid_steps sport wkt_name_1 wkt_name_2 wkt_name_3
1           32               5     1         -1         -1         -1
  wkt_name_4 wkt_name_5 wkt_name_6
1         -1         -1         -1


$workout_step
  custom_target_value_high custom_target_value_low duration_type
1               4294967295              4294967295             0
2               4294967295              4294967295             1
3               4294967295              4294967295             0
4               4294967295              4294967295             6
5               4294967295              4294967295             5
  duration_value intensity message_index target_type target_value
1         300000         2             0           2            0
```

```
2           40234          0            1            2            0
3           90000          1            2            2            0
4               1         NA            3           NA            5
5      4294967295          3            4            2            0
  wkt_step_name_1 wkt_step_name_10 wkt_step_name_2 wkt_step_name_3
1             -1               -1              -1              -1
2             -1               -1              -1              -1
3             -1               NA              -1              -1
4             -1               NA              -1              -1
5             -1               NA              -1              -1
  wkt_step_name_4 wkt_step_name_5 wkt_step_name_6 wkt_step_name_7
1             -1              -1              -1              -1
2             -1              -1              -1              -1
3             -1              -1              -1              -1
4             -1              -1              -1              -1
5             -1              -1              -1              -1
  wkt_step_name_8 wkt_step_name_9
1             -1              -1
2             -1              -1
3             -1              -1
4             -1              -1
5             NA              NA


$file_creator
  hardware_version software_version
1                0            17015

[1] "File: 2"
$file_id
  manufacturer product serial_number time_created type
1            1   65534        532291    871224631    5


$workout
  capabilities num_valid_steps sport wkt_name_1 wkt_name_2 wkt_name_3
1           32               5     1         -1         -1         -1
  wkt_name_4 wkt_name_5 wkt_name_6 wkt_name_7 wkt_name_8 wkt_name_9
1         -1         -1         -1         -1         -1         -1


$workout_step
  custom_target_value_high custom_target_value_low duration_type
1               4294967295              4294967295             0
2               4294967295              4294967295             0
3               4294967295              4294967295             0
4               4294967295              4294967295             6
5               4294967295              4294967295             0
  duration_value intensity message_index target_type target_value
1         240000         2             0           2            0
2         120000         0             1           2            0
3         120000         1             2           2            0
4              1        NA             3          NA            4
5         300000         3             4           2            0
  wkt_step_name_1 wkt_step_name_10 wkt_step_name_11 wkt_step_name_2
1             -1               -1               -1              -1
2             -1               -1               -1              -1
```

```
3                -1              -1              NA              -1
4                -1              -1              NA              -1
5                -1              -1              NA              -1
  wkt_step_name_3 wkt_step_name_4 wkt_step_name_5 wkt_step_name_6
1                -1              -1              -1              -1
2                -1              -1              -1              -1
3                -1              -1              -1              -1
4                -1              -1              -1              -1
5                -1              -1              -1              -1
  wkt_step_name_7 wkt_step_name_8 wkt_step_name_9
1                -1              -1              -1
2                -1              -1              -1
3                -1              -1              -1
4                -1              -1              -1
5                -1              -1              -1


$file_creator
  hardware_version software_version
1                0            17015


[1] "File: 3"
$file_id
  manufacturer product serial_number time_created type
1            1   65534        532296    871226439    5


$workout
  capabilities num_valid_steps sport wkt_name_1 wkt_name_2 wkt_name_3
1           32               9     2         -1         -1         -1
  wkt_name_4 wkt_name_5 wkt_name_6
1         -1         -1         -1


$workout_step
  custom_target_value_high custom_target_value_low duration_type
1               4294967295              4294967295             0
2                      100                      80             0
3               4294967295              4294967295             0
4                      100                      80             0
5               4294967295              4294967295             0
6               4294967295              4294967295             0
7               4294967295              4294967295             0
8               4294967295              4294967295             6
9               4294967295              4294967295             0
  duration_value intensity message_index target_type target_value
1         180000         2             0           2            0
2          60000         2             1           3            0
3          60000         2             2           2            0
4          60000         2             3           3            0
5         120000         2             4           2            0
6          30000         0             5           2            0
7          30000         4             6           2            0
8              5        NA             7          NA            2
9         300000         3             8           2            0
  wkt_step_name_1 wkt_step_name_10 wkt_step_name_11 wkt_step_name_2
1              -1               -1               NA              -1
```

```
2                 -1            NA            NA           -1
3                 -1            NA            NA           -1
4                 -1            NA            NA           -1
5                 -1            NA            NA           -1
6                 -1            -1            -1           -1
7                 -1            -1            NA           -1
8                 -1            NA            NA           -1
9                 -1            NA            NA           -1
  wkt_step_name_3 wkt_step_name_4 wkt_step_name_5 wkt_step_name_6
1              -1              -1              -1              -1
2              -1              -1              -1              -1
3              -1              NA              NA              NA
4              -1              -1              -1              -1
5              -1              NA              NA              NA
6              -1              -1              -1              -1
7              -1              -1              -1              -1
8              -1              -1              -1              -1
9              -1              -1              -1              -1
  wkt_step_name_7 wkt_step_name_8 wkt_step_name_9
1              -1              -1              -1
2              -1              -1              -1
3              NA              NA              NA
4              -1              -1              -1
5              NA              NA              NA
6              -1              -1              -1
7              -1              -1              -1
8              -1              -1              -1
9              -1              -1              -1


$file_creator
  hardware_version software_version
1                0            17015


[1] "File: 4"
$file_id
  manufacturer product serial_number time_created type
1            1   65534           205    869923837    5


$workout
  capabilities num_valid_steps sport wkt_name
1           32              18    10       -1


$workout_step
   custom_target_value_high custom_target_value_low duration_type
1                        NA                      NA            29
2                4294967295              4294967295             0
3                4294967295              4294967295             6
4                4294967295              4294967295             5
5                4294967295              4294967295             0
6                4294967295              4294967295             6
7                4294967295              4294967295             5
8                4294967295              4294967295            29
9                4294967295              4294967295             0
10               4294967295              4294967295             6
```

```
11            4294967295              4294967295           5
12            4294967295              4294967295           0
13            4294967295              4294967295           6
14            4294967295              4294967295           5
15            4294967295              4294967295          29
16            4294967295              4294967295           0
17            4294967295              4294967295           6
18            4294967295              4294967295           5
```

	duration_value	intensity	message_index	target_type	target_value
1	20	0	0	2	0
2	10000	1	1	2	0
3	0	NA	2	2	8
4	4294967295	1	3	2	0
5	60000	1	4	2	0
6	4	NA	5	2	1
7	4294967295	1	6	2	0
8	20	0	7	2	0
9	10000	1	8	2	0
10	7	NA	9	2	8
11	4294967295	1	10	2	0
12	60000	1	11	2	0
13	11	NA	12	2	1
14	4294967295	1	13	2	0
15	20	0	14	2	0
16	10000	1	15	2	0
17	14	NA	16	2	8
18	4294967295	1	17	2	0

	wkt_step_name_1	wkt_step_name_10	wkt_step_name_2	wkt_step_name_3
1	-1	NA	-1	-1
2	-1	-1	-1	-1
3	-1	NA	-1	-1
4	-1	NA	-1	-1
5	-1	-1	-1	-1
6	-1	NA	-1	-1
7	-1	NA	-1	-1
8	-1	NA	-1	-1
9	-1	-1	-1	-1
10	-1	NA	-1	-1
11	-1	NA	-1	-1
12	-1	-1	-1	-1
13	-1	NA	-1	-1
14	-1	NA	-1	-1
15	-1	NA	-1	-1
16	-1	-1	-1	-1
17	-1	NA	-1	-1
18	-1	NA	-1	-1

	wkt_step_name_4	wkt_step_name_5	wkt_step_name_6	wkt_step_name_7
1	-1	-1	-1	-1
2	-1	-1	-1	-1
3	-1	-1	-1	NA
4	-1	-1	-1	-1
5	-1	-1	-1	-1
6	-1	-1	-1	-1
7	-1	-1	-1	-1

```
8                  -1              -1              -1              -1
9                  -1              -1              -1              -1
10                 -1              -1              -1              -1
11                 -1              -1              -1              -1
12                 -1              -1              -1              -1
13                 -1              -1              -1              -1
14                 -1              -1              -1              -1
15                 -1              -1              -1              -1
16                 -1              -1              -1              -1
17                 -1              -1              -1              -1
18                 -1              -1              -1              -1
   wkt_step_name_8 wkt_step_name_9
1                -1              -1
2                -1              -1
3                NA              NA
4                NA              NA
5                -1              -1
6                -1              -1
7                NA              NA
8                -1              NA
9                -1              -1
10               -1              -1
11               NA              NA
12               -1              -1
13               -1              -1
14               NA              NA
15               -1              NA
16               -1              -1
17               -1              -1
18               NA              NA


$file_creator
  hardware_version software_version
1                0            17012


$unknown
data frame with 0 columns and 0 rows


[1] "File: 5"
$file_id
  manufacturer product serial_number time_created type
1            1   65534           204    869923827    5


$workout
  capabilities num_valid_steps sport wkt_name_1 wkt_name_2 wkt_name_3
1           32              10    10         -1         -1         -1
  wkt_name_4 wkt_name_5 wkt_name_6
1         -1         -1         -1


$workout_step
   custom_target_value_high custom_target_value_low duration_type
1                4294967295              4294967295            29
2                4294967295              4294967295             0
3                4294967295              4294967295            29
```

4	4294967295	4294967295	0
5	4294967295	4294967295	29
6	4294967295	4294967295	0
7	4294967295	4294967295	29
8	4294967295	4294967295	0
9	4294967295	4294967295	6
10	4294967295	4294967295	5

	duration_value	intensity	message_index	target_type	target_value
1	20	0	0	2	0
2	10000	1	1	2	0
3	20	0	2	2	0
4	10000	1	3	2	0
5	20	0	4	2	0
6	10000	1	5	2	0
7	20	0	6	2	0
8	10000	1	7	2	0
9	0	NA	8	2	8
10	4294967295	1	9	2	0

	wkt_step_name_1	wkt_step_name_10	wkt_step_name_2	wkt_step_name_3
1	-1	NA	-1	-1
2	-1	-1	-1	-1
3	-1	NA	-1	-1
4	-1	-1	-1	-1
5	-1	NA	-1	-1
6	-1	-1	-1	-1
7	-1	NA	-1	-1
8	-1	-1	-1	-1
9	-1	NA	-1	-1
10	-1	NA	-1	-1

	wkt_step_name_4	wkt_step_name_5	wkt_step_name_6	wkt_step_name_7
1	-1	-1	NA	NA
2	-1	-1	-1	-1
3	-1	NA	NA	NA
4	-1	-1	-1	-1
5	-1	-1	-1	-1
6	-1	-1	-1	-1
7	-1	-1	-1	-1
8	-1	-1	-1	-1
9	-1	-1	-1	NA
10	-1	-1	-1	-1

	wkt_step_name_8	wkt_step_name_9
1	NA	NA
2	-1	-1
3	NA	NA
4	-1	-1
5	-1	NA
6	-1	-1
7	-1	NA
8	-1	-1
9	NA	NA
10	NA	NA

```
$file_creator
  hardware_version software_version
```

```
1                   0              17012
```

$unknown
data frame with 0 columns and 0 rows

[1] "File: 6"
$file_id
```
  manufacturer product serial_number time_created type
1            1   65534           203    869923819    5
```

$workout
```
  capabilities num_valid_steps sport wkt_name
1           32              18    10       -1
```

$workout_step
```
   custom_target_value_high custom_target_value_low duration_type
1                4294967295              4294967295            29
2                4294967295              4294967295             0
3                4294967295              4294967295             6
4                4294967295              4294967295             5
5                4294967295              4294967295             0
6                4294967295              4294967295             6
7                4294967295              4294967295             5
8                4294967295              4294967295            29
9                4294967295              4294967295             0
10               4294967295              4294967295             6
11               4294967295              4294967295             5
12               4294967295              4294967295             0
13               4294967295              4294967295             6
14               4294967295              4294967295             5
15               4294967295              4294967295            29
16               4294967295              4294967295             0
17               4294967295              4294967295             6
18               4294967295              4294967295             5
   duration_value intensity message_index target_type target_value
1              20         0             0           2            0
2           10000         1             1           2            0
3               0        NA             2           2            8
4      4294967295         1             3           2            0
5           60000         1             4           2            0
6               4        NA             5           2            1
7      4294967295         1             6           2            0
8              20         0             7           2            0
9           10000         1             8           2            0
10              7        NA             9           2            8
11     4294967295         1            10           2            0
12          60000         1            11           2            0
13             11        NA            12           2            1
14     4294967295         1            13           2            0
15             20         0            14           2            0
16          10000         1            15           2            0
17             14        NA            16           2            8
18     4294967295         1            17           2            0
   wkt_step_name_1 wkt_step_name_10 wkt_step_name_2 wkt_step_name_3
```

```
1                -1             NA             -1             -1
2                -1             -1             -1             -1
3                -1             NA             -1             -1
4                -1             NA             -1             -1
5                -1             -1             -1             -1
6                -1             NA             -1             -1
7                -1             NA             -1             -1
8                -1             NA             -1             -1
9                -1             -1             -1             -1
10               -1             NA             -1             -1
11               -1             NA             -1             -1
12               -1             -1             -1             -1
13               -1             NA             -1             -1
14               -1             NA             -1             -1
15               -1             NA             -1             -1
16               -1             -1             -1             -1
17               -1             NA             -1             -1
18               -1             NA             -1             -1
   wkt_step_name_4 wkt_step_name_5 wkt_step_name_6 wkt_step_name_7
1                -1             -1             -1             -1
2                -1             -1             -1             -1
3                -1             -1             -1             NA
4                -1             -1             -1             -1
5                -1             -1             -1             -1
6                -1             -1             -1             -1
7                -1             -1             -1             -1
8                -1             -1             -1             -1
9                -1             -1             -1             -1
10               -1             -1             -1             -1
11               -1             -1             -1             -1
12               -1             -1             -1             -1
13               -1             -1             -1             -1
14               -1             -1             -1             -1
15               -1             NA             NA             NA
16               -1             -1             -1             -1
17               -1             -1             -1             -1
18               -1             -1             -1             -1
   wkt_step_name_8 wkt_step_name_9
1                -1             -1
2                -1             -1
3                NA             NA
4                NA             NA
5                -1             -1
6                -1             -1
7                NA             NA
8                -1             NA
9                -1             -1
10               -1             -1
11               NA             NA
12               -1             -1
13               -1             -1
14               NA             NA
15               NA             NA
16               -1             -1
```

```
17                 -1                 -1
18                 NA                 NA
```

$file_creator
```
  hardware_version software_version
1                0            17012
```

$unknown
data frame with 0 columns and 0 rows

[1] "File: 7"
$file_id
```
  manufacturer product serial_number time_created type
1            1   65534           402    870101113    5
```

$workout
```
  capabilities num_valid_steps sport wkt_name_1 wkt_name_2
1           32              16    10         -1         -1
```

$workout_step
```
   custom_target_value_high custom_target_value_low duration_type
1                4294967295              4294967295            29
2                4294967295              4294967295             0
3                4294967295              4294967295             6
4                4294967295              4294967295             5
5                4294967295              4294967295            29
6                4294967295              4294967295             0
7                4294967295              4294967295             6
8                4294967295              4294967295             5
9                4294967295              4294967295            29
10               4294967295              4294967295             0
11               4294967295              4294967295             6
12               4294967295              4294967295             5
13               4294967295              4294967295             5
14               4294967295              4294967295             0
15               4294967295              4294967295             6
16               4294967295              4294967295             5
   duration_value intensity message_index target_type target_value
1              15         0             0           2            0
2           30000         1             1           2            0
3               0        NA             2           2            2
4      4294967295         1             3           2            0
5              15         0             4           2            0
6           30000         1             5           2            0
7               4        NA             6           2            2
8      4294967295         1             7           2            0
9               6         0             8           2            0
10          30000         1             9           2            0
11              8        NA            10           2            2
12     4294967295         1            11           2            0
13     4294967295         0            12           2            0
14          30000         1            13           2            0
15             12        NA            14           2            2
16     4294967295         1            15           2            0
```

	wkt_step_name	wkt_step_name_1	wkt_step_name_10	wkt_step_name_2
1	-1	NA	NA	NA
2	NA	-1	-1	-1
3	NA	-1	NA	-1
4	NA	-1	NA	-1
5	-1	NA	NA	NA
6	NA	-1	-1	-1
7	NA	-1	NA	-1
8	NA	-1	NA	-1
9	NA	-1	NA	-1
10	NA	-1	-1	-1
11	NA	-1	NA	-1
12	NA	-1	NA	-1
13	NA	-1	NA	-1
14	NA	-1	-1	-1
15	NA	-1	NA	-1
16	NA	-1	NA	-1

	wkt_step_name_3	wkt_step_name_4	wkt_step_name_5	wkt_step_name_6
1	NA	NA	NA	NA
2	-1	-1	-1	-1
3	-1	-1	-1	-1
4	-1	-1	-1	-1
5	NA	NA	NA	NA
6	-1	-1	-1	-1
7	-1	-1	-1	-1
8	-1	-1	-1	-1
9	-1	NA	NA	NA
10	-1	-1	-1	-1
11	-1	-1	-1	-1
12	-1	-1	-1	-1
13	-1	-1	NA	NA
14	-1	-1	-1	-1
15	-1	-1	-1	-1
16	-1	-1	-1	-1

	wkt_step_name_7	wkt_step_name_8	wkt_step_name_9
1	NA	NA	NA
2	-1	-1	-1
3	NA	NA	NA
4	-1	NA	NA
5	NA	NA	NA
6	-1	-1	-1
7	-1	-1	-1
8	-1	NA	NA
9	NA	NA	NA
10	-1	-1	-1
11	-1	-1	-1
12	-1	NA	NA
13	NA	NA	NA
14	-1	-1	-1
15	-1	-1	-1
16	-1	NA	NA

$file_creator
  hardware_version software_version

```
1                    0              17012


$unknown
data frame with 0 columns and 0 rows

[1] "File: 8"
$file_id
  manufacturer product serial_number time_created type
1            1   65534           401    870100997    5


$workout
  capabilities num_valid_steps sport wkt_name_1 wkt_name_10 wkt_name_11
1           32              26    10         -1          -1          -1
  wkt_name_2 wkt_name_3 wkt_name_4 wkt_name_5 wkt_name_6 wkt_name_7
1         -1         -1         -1         -1         -1         -1
  wkt_name_8 wkt_name_9
1         -1         -1


$workout_step
   custom_target_value_high custom_target_value_low duration_type
1                4294967295              4294967295            29
2                4294967295              4294967295             0
3                4294967295              4294967295            29
4                4294967295              4294967295             0
5                4294967295              4294967295             6
6                4294967295              4294967295             5
7                4294967295              4294967295             5
8                4294967295              4294967295             0
9                4294967295              4294967295            29
10               4294967295              4294967295             0
11               4294967295              4294967295             6
12               4294967295              4294967295             5
13               4294967295              4294967295            29
14               4294967295              4294967295             0
15               4294967295              4294967295            29
16               4294967295              4294967295             0
17               4294967295              4294967295             6
18               4294967295              4294967295             5
19               4294967295              4294967295            29
20               4294967295              4294967295             0
21               4294967295              4294967295             6
22               4294967295              4294967295             5
23               4294967295              4294967295            29
24               4294967295              4294967295             0
25               4294967295              4294967295             6
26               4294967295              4294967295             5
   duration_value intensity message_index target_type target_value
1              10         0             0           2            0
2           20000         1             1           2            0
3              10         0             2           2            0
4           20000         1             3           2            0
5               0        NA             4           2            3
6      4294967295         1             5           2            0
7      4294967295         0             6           2            0
```

8	90000	1	7	2	0
9	10	0	8	2	0
10	60000	1	9	2	0
11	6	NA	10	2	3
12	4294967295	1	11	2	0
13	10	0	12	2	0
14	60000	1	13	2	0
15	10	0	14	2	0
16	60000	1	15	2	0
17	12	NA	16	2	3
18	4294967295	1	17	2	0
19	10	0	18	2	0
20	60000	1	19	2	0
21	18	NA	20	2	1
22	4294967295	1	21	2	0
23	10	0	22	2	0
24	60000	1	23	2	0
25	22	NA	24	2	1
26	4294967295	1	25	2	0

	wkt_step_name	wkt_step_name_1	wkt_step_name_10	wkt_step_name_2
1	-1	NA	NA	NA
2	NA	-1	-1	-1
3	NA	-1	NA	-1
4	NA	-1	-1	-1
5	NA	-1	NA	-1
6	NA	-1	NA	-1
7	-1	NA	NA	NA
8	NA	-1	NA	-1
9	-1	NA	NA	NA
10	NA	-1	-1	-1
11	NA	-1	NA	-1
12	NA	-1	NA	-1
13	-1	NA	NA	NA
14	NA	-1	-1	-1
15	-1	NA	NA	NA
16	NA	-1	-1	-1
17	NA	-1	NA	-1
18	NA	-1	NA	-1
19	-1	NA	NA	NA
20	NA	-1	-1	-1
21	NA	-1	NA	-1
22	NA	-1	NA	-1
23	-1	NA	NA	NA
24	NA	-1	-1	-1
25	NA	-1	NA	-1
26	NA	-1	NA	-1

	wkt_step_name_3	wkt_step_name_4	wkt_step_name_5	wkt_step_name_6
1	NA	NA	NA	NA
2	-1	-1	-1	-1
3	-1	NA	NA	NA
4	-1	-1	-1	-1
5	-1	-1	-1	-1
6	-1	-1	-1	-1
7	NA	NA	NA	NA

```
8                    -1              -1              -1              -1
9                    NA              NA              NA              NA
10                   -1              -1              -1              -1
11                   -1              -1              -1              -1
12                   -1              -1              -1              -1
13                   NA              NA              NA              NA
14                   -1              -1              -1              -1
15                   NA              NA              NA              NA
16                   -1              -1              -1              -1
17                   -1              -1              -1              -1
18                   -1              -1              -1              -1
19                   NA              NA              NA              NA
20                   -1              -1              -1              -1
21                   -1              -1              -1              -1
22                   -1              -1              -1              -1
23                   NA              NA              NA              NA
24                   -1              -1              -1              -1
25                   -1              -1              -1              -1
26                   -1              -1              -1              -1
   wkt_step_name_7 wkt_step_name_8 wkt_step_name_9
1                NA              NA              NA
2                -1              -1              -1
3                NA              NA              NA
4                -1              -1              -1
5                NA              NA              NA
6                -1              NA              NA
7                NA              NA              NA
8                -1              -1              -1
9                NA              NA              NA
10               -1              -1              -1
11               -1              -1              -1
12               -1              NA              NA
13               NA              NA              NA
14               -1              -1              -1
15               NA              NA              NA
16               -1              -1              -1
17               -1              -1              -1
18               -1              NA              NA
19               NA              NA              NA
20               -1              -1              -1
21               -1              -1              -1
22               -1              NA              NA
23               NA              NA              NA
24               -1              -1              -1
25               -1              -1              -1
26               -1              NA              NA


$file_creator
  hardware_version software_version
1                0            17012


$unknown
data frame with 0 columns and 0 rows
```

```
[1] "File: 9"
$file_id
  manufacturer product serial_number time_created type
1            1   65534             1    869866239    5


$workout
  capabilities num_valid_steps sport wkt_name_1 wkt_name_2 wkt_name_3
1           32              22    10         -1         -1         -1
  wkt_name_4 wkt_name_5 wkt_name_6
1         -1         -1         -1


$workout_step
   custom_target_value_high custom_target_value_low duration_type
1                4294967295              4294967295            29
2                4294967295              4294967295             0
3                4294967295              4294967295            29
4                4294967295              4294967295             0
5                4294967295              4294967295             6
6                4294967295              4294967295             5
7                4294967295              4294967295            29
8                4294967295              4294967295             0
9                4294967295              4294967295            29
10               4294967295              4294967295             0
11               4294967295              4294967295             6
12               4294967295              4294967295             5
13               4294967295              4294967295            29
14               4294967295              4294967295             0
15               4294967295              4294967295            29
16               4294967295              4294967295             0
17               4294967295              4294967295             6
18               4294967295              4294967295             5
19               4294967295              4294967295            29
20               4294967295              4294967295             0
21               4294967295              4294967295             6
22               4294967295              4294967295             5
   duration_value intensity message_index target_type target_value
1              15         0             0           2            0
2           75000         1             1           2            0
3              15         0             2           2            0
4           75000         1             3           2            0
5               0        NA             4           2            3
6      4294967295         1             5           2            0
7              15         0             6           2            0
8           75000         1             7           2            0
9              15         0             8           2            0
10          75000         1             9           2            0
11              6        NA            10           2            3
12     4294967295         1            11           2            0
13             15         0            12           2            0
14          75000         1            13           2            0
15             15         0            14           2            0
16          75000         1            15           2            0
17             12        NA            16           2            3
18     4294967295         1            17           2            0
```

```
19              15             0             18             2             0
20           60000             1             19             2             0
21              18            NA             20             2             5
22      4294967295             1             21             2             0
   wkt_step_name wkt_step_name_1 wkt_step_name_10 wkt_step_name_2
1             -1              NA               NA               NA
2             NA              -1               NA               -1
3             -1              NA               NA               NA
4             NA              -1               NA               -1
5             NA              -1               NA               -1
6             NA              -1               NA               -1
7             NA              -1               NA               -1
8             NA              -1               NA               -1
9             -1              NA               NA               NA
10            NA              -1               NA               -1
11            NA              -1               NA               -1
12            NA              -1               NA               -1
13            -1              NA               NA               NA
14            NA              -1               NA               -1
15            -1              NA               NA               NA
16            NA              -1               NA               -1
17            NA              -1               NA               -1
18            NA              -1               NA               -1
19            -1              NA               NA               NA
20            NA              -1               -1               -1
21            NA              -1               NA               -1
22            NA              -1               NA               -1
   wkt_step_name_3 wkt_step_name_4 wkt_step_name_5 wkt_step_name_6
1              NA              NA              NA              NA
2              -1              -1              -1              -1
3              NA              NA              NA              NA
4              -1              -1              -1              -1
5              -1              -1              -1              -1
6              -1              -1              -1              -1
7              -1              NA              NA              NA
8              -1              -1              -1              -1
9              NA              NA              NA              NA
10             -1              -1              -1              -1
11             -1              -1              -1              -1
12             -1              -1              -1              -1
13             NA              NA              NA              NA
14             -1              -1              -1              -1
15             NA              NA              NA              NA
16             -1              -1              -1              -1
17             -1              -1              -1              -1
18             -1              -1              -1              -1
19             NA              NA              NA              NA
20             -1              -1              -1              -1
21             -1              -1              -1              -1
22             -1              -1              -1              -1
   wkt_step_name_7 wkt_step_name_8 wkt_step_name_9
1              NA              NA              NA
2              -1              -1              -1
3              NA              NA              NA
```

```
4                -1              -1              -1
5                NA              NA              NA
6                -1              NA              NA
7                NA              NA              NA
8                -1              -1              -1
9                NA              NA              NA
10               -1              -1              -1
11               -1              -1              -1
12               -1              NA              NA
13               NA              NA              NA
14               -1              -1              -1
15               NA              NA              NA
16               -1              -1              -1
17               -1              -1              -1
18               -1              NA              NA
19               NA              NA              NA
20               -1              -1              -1
21               -1              -1              -1
22               -1              NA              NA


$file_creator
  hardware_version software_version
1                0            17012


$unknown
data frame with 0 columns and 0 rows

[1] "File: 10"
$file_id
  manufacturer product serial_number time_created type
1            1   65534        532297    871226693    5


$workout
  capabilities num_valid_steps sport wkt_name_1 wkt_name_2 wkt_name_3
1           32               5     2         -1         -1         -1
  wkt_name_4 wkt_name_5 wkt_name_6
1         -1         -1         -1


$workout_step
  custom_target_value_high custom_target_value_low duration_type
1               4294967295              4294967295             0
2                       75                      70             0
3               4294967295              4294967295             0
4               4294967295              4294967295             6
5               4294967295              4294967295             0
  duration_value intensity message_index target_type target_value
1         600000         2             0           2            0
2         900000         0             1           3            0
3         420000         4             2           2            0
4              1        NA             3          NA            2
5         600000         3             4           2            0
  wkt_step_name_1 wkt_step_name_10 wkt_step_name_2 wkt_step_name_3
1              -1               -1              -1              -1
2              -1               -1              -1              -1
```

```
3                  -1              NA              -1              -1
4                  -1              NA              -1              -1
5                  -1              NA              -1              -1
  wkt_step_name_4 wkt_step_name_5 wkt_step_name_6 wkt_step_name_7
1                  -1              -1              -1              -1
2                  -1              -1              -1              -1
3                  NA              NA              NA              NA
4                  NA              NA              NA              NA
5                  NA              NA              NA              NA
  wkt_step_name_8 wkt_step_name_9
1                  -1              -1
2                  -1              -1
3                  NA              NA
4                  NA              NA
5                  NA              NA


$file_creator
  hardware_version software_version
1                0            17015


[1] "File: 11"
$file_id
  manufacturer product serial_number time_created type
1            1   65534        532295    871226159    5


$workout
  capabilities num_valid_steps sport wkt_name_1 wkt_name_2 wkt_name_3
1           32               5     2         -1         -1         -1
  wkt_name_4 wkt_name_5 wkt_name_6 wkt_name_7 wkt_name_8
1         -1         -1         -1         -1         -1


$workout_step
  custom_target_value_high custom_target_value_low duration_type
1               4294967295              4294967295             0
2               4294967295              4294967295             1
3               4294967295              4294967295             0
4               4294967295              4294967295             6
5               4294967295              4294967295             0
  duration_value intensity message_index target_type target_value
1         300000         2             0           2            0
2         160934         0             1           2            0
3          60000         4             2           2            0
4              1        NA             3          NA            5
5         300000         3             4           2            0
  wkt_step_name_1 wkt_step_name_10 wkt_step_name_2 wkt_step_name_3
1              -1               -1              -1              -1
2              -1               NA              -1              -1
3              -1               -1              -1              -1
4              -1               NA              -1              -1
5              -1               NA              -1              -1
  wkt_step_name_4 wkt_step_name_5 wkt_step_name_6 wkt_step_name_7
1              -1              -1              -1              -1
2              -1              -1              -1              -1
3              -1              -1              -1              -1
```

```
4                -1              -1              -1              -1
5                -1              -1              -1              -1
  wkt_step_name_8 wkt_step_name_9
1               -1              -1
2               -1              -1
3               -1              -1
4               -1              -1
5               -1              -1


$file_creator
  hardware_version software_version
1                0            17015

[1] "File: 12"
$file_id
  manufacturer product serial_number time_created type
1            1   65534        532292    871224956    5


$workout
  capabilities num_valid_steps sport wkt_name_1 wkt_name_2 wkt_name_3
1           32              11     1         -1         -1         -1
  wkt_name_4 wkt_name_5 wkt_name_6 wkt_name_7
1         -1         -1         -1         -1


$workout_step
   custom_target_value_high custom_target_value_low duration_type
1                4294967295              4294967295             1
2                4294967295              4294967295             0
3                4294967295              4294967295             0
4                4294967295              4294967295             0
5                4294967295              4294967295             0
6                4294967295              4294967295             0
7                4294967295              4294967295             0
8                4294967295              4294967295             0
9                4294967295              4294967295             0
10               4294967295              4294967295             0
11               4294967295              4294967295             1
   duration_value intensity message_index target_type target_value
1          160934         2             0           2            0
2           60000         0             1           2            0
3           60000         1             2           2            0
4          120000         0             3           2            0
5          120000         1             4           2            0
6          180000         0             5           2            0
7          180000         1             6           2            0
8          120000         0             7           2            0
9          120000         1             8           2            0
10          60000         0             9           2            0
11         160934         3            10           2            0
   wkt_step_name_1 wkt_step_name_10 wkt_step_name_11 wkt_step_name_2
1               -1               NA               NA              -1
2               -1               -1               -1              -1
3               -1               -1               NA              -1
4               -1               -1               NA              -1
```

```
5                     -1             NA            NA            -1
6                     -1             -1            NA            -1
7                     -1             NA            NA            -1
8                     -1             -1            NA            -1
9                     -1             NA            NA            -1
10                    -1             -1            -1            -1
11                    -1             NA            NA            -1
   wkt_step_name_3 wkt_step_name_4 wkt_step_name_5 wkt_step_name_6
1                -1             -1             -1             -1
2                -1             -1             -1             -1
3                -1             -1             -1             -1
4                -1             -1             -1             -1
5                -1             -1             -1             -1
6                -1             -1             -1             -1
7                -1             -1             -1             -1
8                -1             -1             -1             -1
9                -1             -1             -1             -1
10               -1             -1             -1             -1
11               -1             -1             -1             -1
   wkt_step_name_7 wkt_step_name_8 wkt_step_name_9
1                -1             -1             -1
2                -1             -1             -1
3                -1             -1             -1
4                -1             -1             -1
5                -1             -1             -1
6                -1             -1             -1
7                -1             -1             -1
8                -1             -1             -1
9                -1             -1             -1
10               -1             -1             -1
11               -1             -1             NA

$file_creator
  hardware_version software_version
1                0            17015

[1] "WORKOUTS"

 [1] "8AT73730.FIT" "8AT73731.FIT" "8AT73732.FIT" "8AT73733.FIT"
 [5] "8AT73734.FIT" "8AT73735.FIT" "8AT73736.FIT" "8AT73737.FIT"
 [9] "8AT73738.FIT" "8AT73739.FIT" "8AT73740.FIT" "8AT73741.FIT"

[1] "2018-12-14"
[1] "2018-12-18"
```

Chapter 3

Sleep

Trends

Patterns

Single Day Analysis

Chapter 4

Fittness Log

Dec 13, 2018

First Run

The log starts at my second run since deciding to run regularly. I ran about 2 miles once before getting the garmin watch.

2018-12-14

Had a redbull around 1:13pm.

Pub tonight around 5:30pm!

2018-12-22

had a coffee Soylent around 9am.