

```
1 import requests
2 from datetime import datetime
3 import os
4
5 GENDER = "male"
6 WEIGHT_KG = "85"
7 HEIGHT_CM = "173"
8 AGE = "32"
9
10 APP_ID = os.environ.get("SH_APP_ID")
11 API_KEY = os.environ.get("SH_API_KEY")
12
13 exercise_endpoint = "https://trackapi.nutritionix.com
    /v2/natural/exercise"
14 sheet_endpoint = os.environ.get("SHEET_ENDPOINT")
15
16 exercise_text = input("Tell me which exercises you
    did: ")
17
18 headers = {
19     "x-app-id": APP_ID,
20     "x-app-key": API_KEY,
21 }
22
23 parameters = {
24     "query": exercise_text,
25     "gender": GENDER,
26     "weight_kg": WEIGHT_KG,
27     "height_cm": HEIGHT_CM,
28     "age": AGE
29 }
30
31 response = requests.post(exercise_endpoint, json=
    parameters, headers=headers)
32 result = response.json()
33
34 today_date = datetime.now().strftime("%d/%m/%Y")
35 now_time = datetime.now().strftime("%X")
36
37 for exercise in result["exercises"]:
38     sheet_inputs = {
```

```
39         "workout": {
40             "date": today_date,
41             "time": now_time,
42             "exercise": exercise["name"].title(),
43             "duration": exercise["duration_min"],
44             "calories": exercise["nf_calories"]
45         }
46     }
47
48     # Bearer Token
49     bearer_headers = {
50         "Authorization": f"Bearer {os.environ.get('
BEARER')}"
51     }
52     sheet_response = requests.post(
53         sheet_endpoint,
54         json=sheet_inputs,
55         headers=bearer_headers
56     )
57
58     print(sheet_response.text)
59
```