**GarminConnect Python Wrapper: Complete Method List**

These are the functions provided by the Garmin class after successful login (api = Garmin(username, password); api.login()):

**User Info & Profile**

* get\_full\_name() — Returns your full name as a string [PyPI+1](https://pypi.org/project/garminconnect/0.1.37/?utm_source=chatgpt.com)
* get\_unit\_system() — Returns your unit preferences (e.g., metric or imperial) [PyPI+1](https://pypi.org/project/garminconnect/0.1.37/?utm_source=chatgpt.com)

**Summary & Body Statistics**

* get\_stats(date) — Returns a summary of activity stats for the date (e.g., steps, calories) [PyPI+1](https://pypi.org/project/garminconnect/0.1.37/?utm_source=chatgpt.com)
* get\_user\_summary(date) — Similar activity summary, also compatible with the Home Assistant variant [PyPI](https://pypi.org/project/garminconnect/0.1.37/?utm_source=chatgpt.com)
* get\_body\_composition(date) — Returns body composition metrics (e.g., body fat, muscle) for a single date [PyPI+1](https://pypi.org/project/garminconnect/0.1.37/?utm_source=chatgpt.com)
* get\_body\_composition(start\_date, end\_date) — Returns body composition data over a range of dates [PyPI+1](https://pypi.org/project/garminconnect/0.1.37/?utm_source=chatgpt.com)
* get\_stats\_and\_body(date) — Combines stats and body composition data in one response for the specified date [PyPI+1](https://pypi.org/project/garminconnect/0.1.37/?utm_source=chatgpt.com)

**Daily Health Data**

* get\_steps\_data(date) — Retrieves step count data for the date, often in 15-minute intervals [PyPI+1](https://pypi.org/project/garminconnect/0.1.37/?utm_source=chatgpt.com)
* get\_heart\_rates(date) — Heart rate data for the day [PyPI+1](https://pypi.org/project/garminconnect/0.1.37/?utm_source=chatgpt.com)
* get\_rhr\_day(date) — Resting heart rate for that day [PyPI+1](https://pypi.org/project/garminconnect/0.1.37/?utm_source=chatgpt.com)
* get\_hydration\_data(date) — Hydration (fluid intake) metrics for the day [PyPI+1](https://pypi.org/project/garminconnect/0.1.37/?utm_source=chatgpt.com)
* get\_sleep\_data(date) — Sleep stage and duration information for the day [PyPI+1](https://pypi.org/project/garminconnect/0.1.37/?utm_source=chatgpt.com)
* get\_respiration\_data(date) — Respiration/breathing rate data [PyPI+1](https://pypi.org/project/garminconnect/0.1.37/?utm_source=chatgpt.com)
* get\_spo2\_data(date) — Blood oxygen saturation (SpO₂) metrics [PyPI+1](https://pypi.org/project/garminconnect/0.1.37/?utm_source=chatgpt.com)
* get\_max\_metrics(date) — Advanced fitness metrics like VO₂ max and fitness age [PyPI+1](https://pypi.org/project/garminconnect/0.1.37/?utm_source=chatgpt.com)

**Activities & Fitness**

* get\_personal\_record() — Retrieves your personal fitness records [PyPI+1](https://pypi.org/project/garminconnect/0.1.37/?utm_source=chatgpt.com)
* get\_earned\_badges() — Returns list of badges you've earned [PyPI](https://pypi.org/project/garminconnect/0.1.53/?utm_source=chatgpt.com)
* get\_adhoc\_challenges(start, limit) — Fetches ad hoc challenges [PyPI](https://pypi.org/project/garminconnect/0.1.53/?utm_source=chatgpt.com)
* get\_available\_badge\_challenges(start, limit) — Lists available badge challenges [PyPI](https://pypi.org/project/garminconnect/0.1.53/?utm_source=chatgpt.com)
* get\_badge\_challenges(start, limit) — Retrieves badge challenge data [PyPI](https://pypi.org/project/garminconnect/0.1.53/?utm_source=chatgpt.com)
* get\_non\_completed\_badge\_challenges(start, limit) — Shows badge challenges not yet completed [PyPI](https://pypi.org/project/garminconnect/0.1.53/?utm_source=chatgpt.com)
* get\_activities(start, limit) — Retrieves historical activity data with pagination [PyPI+1](https://pypi.org/project/garminconnect/0.1.37/?utm_source=chatgpt.com)
* get\_last\_activity() — Returns your most recent activity summary [PyPI+1](https://pypi.org/project/garminconnect/0.1.37/?utm_source=chatgpt.com)
* download\_activities\_by\_date(start\_date, end\_date) — Download activities within specified date range [PyPI](https://pypi.org/project/garminconnect/0.1.53/?utm_source=chatgpt.com)
* get\_all\_activities(start) — Fetches all activity data from a starting point [PyPI](https://pypi.org/project/garminconnect/0.1.53/?utm_source=chatgpt.com)
* upload\_activity(file.fit) — Uploads a .fit file and logs an activity [PyPI](https://pypi.org/project/garminconnect/0.1.53/?utm_source=chatgpt.com)

**Device, Goals & Other**

* get\_device\_info() — Retrieves device information (model, serial, etc.) [PyPI](https://pypi.org/project/garminconnect/0.1.53/?utm_source=chatgpt.com)
* get\_active\_goals() — Returns current goals [PyPI](https://pypi.org/project/garminconnect/0.1.53/?utm_source=chatgpt.com)
* get\_future\_goals() — Returns upcoming goals [PyPI](https://pypi.org/project/garminconnect/0.1.53/?utm_source=chatgpt.com)
* get\_past\_goals() — Returns past goals [PyPI](https://pypi.org/project/garminconnect/0.1.53/?utm_source=chatgpt.com)
* get\_device\_alarms() — Fetches device alarm settings (requires id) [PyPI](https://pypi.org/project/garminconnect/0.1.53/?utm_source=chatgpt.com)
* get\_hrv\_data(date) — Retrieves heart rate variability (HRV) metrics for the day [PyPI](https://pypi.org/project/garminconnect/0.1.53/?utm_source=chatgpt.com)
* get\_progress\_summary(start\_date, end\_date) — Progress summary across metrics over a date range [PyPI](https://pypi.org/project/garminconnect/0.1.53/?utm_source=chatgpt.com)
* get\_gear\_and\_activity\_types() — Retrieves gear, default equipment, activity categories, and stats [PyPI](https://pypi.org/project/garminconnect/0.1.53/?utm_source=chatgpt.com)

**Session Management**

* logout() — Ends your session and clears authentication tokens [PyPI](https://pypi.org/project/garminconnect/0.1.53/?utm_source=chatgpt.com)

**Summary Table: Methods at a Glance**

Here’s a consolidated view:

| **Category** | **Methods** |
| --- | --- |
| **Profile & System** | get\_full\_name, get\_unit\_system |
| **Summaries & Body** | get\_stats, get\_user\_summary, get\_body\_composition, get\_stats\_and\_body |
| **Daily Health** | get\_steps\_data, get\_heart\_rates, get\_rhr\_day, get\_hydration\_data, get\_sleep\_data, get\_respiration\_data, get\_spo2\_data, get\_max\_metrics |
| **Activities & Fitness** | get\_personal\_record, get\_earned\_badges, challenge methods, get\_activities, get\_last\_activity, download\_activities\_by\_date, get\_all\_activities, upload\_activity |
| **Devices & Goals** | get\_device\_info, get\_active\_goals, get\_future\_goals, get\_past\_goals, get\_device\_alarms, get\_hrv\_data, get\_progress\_summary, get\_gear\_and\_activity\_types |
| **Session Handling** | logout |