

```
#import RPi.GPIO as GPIO
import time
import sys
import os
from time import sleep
import urllib.request
#GPIO.setmode(GPIO.BCM)
#GPIO.setup(21,GPIO.OUT)
#GPIO.setup(20,GPIO.IN)
#setup our API and delay
myAPI = "HCDVYQE81JMWBAP9"
myDelay = 5 #how many seconds between posting data

print ('starting....')
baseURL='https://api.thingspeak.com/update?api_key=%s' % myAPI
print(baseURL)

while True:
    for i in range(0,101,20):
        print(i)
        urllib.request.urlopen(baseURL + "&field1=%s"%str(i))
        time.sleep(15)

    for i in range(100,0,-20):
        print(i)
        urllib.request.urlopen(baseURL + "&field1=%s"%str(i))
        time.sleep(15)

    #urllib.request.urlopen(baseURL + "&field1=%s"%str(distance))
    #urllib.request.urlopen(baseURL + "&field3=%s"%str(i))

    #sleep(int(myDelay))
```



# monitoring

Channel ID: **1284242**

Author: [mwa0000020830975](#)

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