Daily Journal 2025-12-13

2025-12-13

Daily 2025-12-13

*Today I woke up feeling great but alas at parkrun it was not meant to be with 18 minutes dead.

Performance Visualisation

#| echo: false #| warning: false #| label: fig-radar #| fig-cap: “Today’s Performance Balance”

import matplotlib.pyplot as plt import numpy as np import pandas as pd

1. Setup Data

---

vCategories = [‘sleep’, ‘cardio_1’, ‘cardio_2’, ‘cardio_3’, ‘prehab’, ‘strength_training’, ‘eating_window’, ‘mental_training’, ‘visualisation’]

INPUT: Update these scores daily (0-10)

vDailyScores = [7, 10, 8, 10, 9, 6, 10, 8, 4]

Create DataFrame (assuming standardized naming convention)

dfDailyJournal = pd.DataFrame({ ‘category’: vCategories, ‘score’: vDailyScores })

2. Prepare Data for Radar Chart

---

vN = len(vCategories)

Calculate angles for the radar chart

vAngles = [n / float(vN) * 2 * np.pi for n in range(vN)] vAngles += vAngles[:1] # Close the loop

Close the plot loop for values

vValues = dfDailyJournal['score'].tolist() vValues += vValues[:1]

3. Generate the Graph

---

fig, ax = plt.subplots(figsize=(8, 8), subplot_kw=dict(polar=True))

Draw axes and labels

plt.xticks(vAngles[:-1], vCategories, color='grey', size=10)

Draw y-labels (score rings)

ax.set_rlabel_position(0) plt.yticks([2, 4, 6, 8, 10], ["2", "4", "6", "8", "10"], color="grey", size=7) plt.ylim(0, 10)

Plot data

ax.plot(vAngles, vValues, linewidth=2, linestyle='solid', color='#1f77b4') ax.fill(vAngles, vValues, 'b', alpha=0.1)

plt.show()