List of Available Data from Fitbit API in Python

1. Sleep time & activity
   1. 1 Minute Intervals
   2. Value from 1-3 where 1 is asleep, 2 is in between, 3 is awake
   3. How many minutes in deep sleep, light sleep, rem, and wake (? Evaluate more)
   4. Awakening count
   5. Awake Duration
2. Activities
   1. Minutes doing work based on intensity
   2. Calories burned
   3. Distance walked
   4. Floors climbed
   5. Steps taken
   6. Calorie BMR
   7. Resting heart rate
   8. Sedentary Minutes
3. Recent Foods
   1. Name and brand of food
   2. Date last eaten
   3. Calories
   4. Nutritional Units
   5. Quantity eaten
   6. Frequently eaten
4. Heart Rate
   1. 1 Minute Intervals
   2. Heart Rate Value
   3. Max & Min Calories burned
   4. Fat calories burned
   5. Peak
   6. Resting heart rate
5. Calories Burned
   1. 1 Minute Increments
   2. Calories burned
   3. Calorie BMR
6. Steps
   1. 1 Minute Interval
   2. Amount of steps taken
7. Distance
   1. 1 Minute Interval
   2. Amount of distance traveled
8. Floors
   1. 1 Minute Interval
   2. Flights climbed up
9. Elevation
   1. 1 Minute Interval
   2. Elevation reached
10. Minutes Sedentary
    1. 1 Minute Interval
    2. Minutes stayed in place
11. Minutes Lightly Active
    1. 1 Minute Interval
    2. Minutes lightly active
12. Minutes Fairly Active
    1. 1 Minute Interval
    2. Minutes Fairly active
13. Minutes Very Active
    1. 1 Minute Interval
    2. Minutes Very active
14. Calories burned from activity
    1. Amount of calories