**Research into open-source data**

**Kaggle:**

Kaggle, a Google LLC subsidiary, is an online community of data scientists and machine learning experts. Kaggle can be used to search and publish data sets, study and construct models in a web-based data-science environment, collaborate with other data scientists and machine learning experts, and compete in data science competitions.

**Dataset 1: (Calories Burned During Exercise and Activities) – Credit/ShareAlike**

This dataset consists of number of calories burnt for different activities over different weight groups. Total of 248 rows.

This dataset includes 6 columns:

* Activity, Exercise or Sport (1 hour)
* 130 lb
* 155 lb
* 180 lb
* 205 lb
* Calories per lb

**Table

Description automatically generated**

<https://www.kaggle.com/aadhavvignesh/calories-burned-during-exercise-and-activities/metadata>



**Dataset 2: (Fitness Data Trends) – Open Source**

This dataset was created with the objective of answering a simple question, “does exercise/working-out improve a person’s activeness?”. Daily Mood of a person is captured and is used for checking if that person is more active or inactive throughout the day with taking into consideration the Hours of Sleep and Weight.

This dataset includes 7 columns:

* Date
* Step Count
* Calories Burnt
* Mood
* Hours of Sleep
* Feeling or Activeness of Inactiveness
* Weight

Table

Description automatically generated

<https://www.kaggle.com/aroojanwarkhan/fitness-data-trends>



**Dataset 3: (Fitness Exercise) – Non-Commercial/Credit/ShareAlike**

This dataset contains 1300 exercises with exercise data and animations.

Note: Can we used for collecting animations of different workout exercises.

**Sample GIF URL:**

<http://d205bpvrqc9yn1.cloudfront.net/0001.gif>

<https://www.kaggle.com/edoardoba/fitness-exercises-with-animations>

