**Time Stamp:** The FIT Profile defines the date\_time type as an uint32 that represents the number of seconds since midnight on December 31, 1989 UTC.(UTC is AEDT + 10).

**Position\_lat/Position\_long:** Garmin GPS devices are set by factory default to lat/long DM. This means it is set to latitude and longitude in degrees and minutes, with decimal minutes.

i.e., it is represented as 156° 44', 72° 10'.

**Distance:** The Garmin automotive devices can show distance in either miles/feet (statute units) or kilometers/meters (metric units)

**Enhanced\_altitude/Altitude:** The device will measure changes in air pressure to determine your elevation. This information is recorded during your activity and is used to report elevation related information in Garmin Connect.

Elevation calibrated by GPS is accurate to +/-400 feet with a strong GPS signal.This is .

If the values of altitude are too large to be fit in Altitude then enhanced altitude is used.

**Ascent:** a climb or walk to the summit of a mountain or hill/an instance of rising or moving up through the air.

Total Ascent provides a total of all increases to elevation (also known as elevation gain). Average Ascent provides an average of all ascents recorded during an activity. Maximum Elevation provides the highest elevation achieved.

**Grade:** Data field for Garmin devices that calculates the slope (or grade) of the hill you are walking on. It publishes the grade value (in %) to Garmin Connect so you can have a timeline inside your activity.

**Calories:** This is the total of active and resting calories that are calculated during a recorded activity on your device (from the moment that you start the timer for the activity to the moment you stop the timer). Speed/Distance Algorithm: This is the most basic method of determining calories.It is represented in calories/Kcal.

**Speed/Enhanced Speed:** It is distance by total time sent on an activity. It is calculated in m/sec or m/h.

If the values of speed are too large to be fit in speed, then enhanced speed is used.

**Heart\_rate:** heart rate values can be set as absolute or relative values. Absolute values represent beats per minute (bpm) for heart rate, or watts for power.

**Temperature:** The Temperature widget will display the ambient air temperature near the barometric altimeter port. This reading can be affected by body heat.It is is represented in Fahrenheit.

**Cadence:** The cadence fields in a FIT file represent RPMs. For cycling 1 RPM equals one full rotation of the cranks. For running 1 RPM represents a step.

**Power**: Power values can be set as absolute or relative values. Absolute values represent watts for power.

**Left\_right\_balance:** It shows as a percentage the power separately put out by the left and right leg.

**Gps\_accuracy:**  It represent the drift with accurate gps values. GPS location accuracy is around 3 meters (10 feet), 95% of the time on Garmin devices. This means, at any given time, your device will save your location within 3 meters of your actual location.

**Product\_Name:** It describes the product used for recording the activity.

**Serial\_Number:** Most Garmin devices will have a unique serial number listed on the back or bottom of the device.

**Age:** Available on select Garmin watches, Fitness Age is an estimate of how fit you are compared to your actual age. Compatible Garmin watches will measure your Fitness Age differently, depending on which device you have. Fitness age is an estimate of how fit you are compared to your actual age.

**Gender:** It Shows gender of registered person of the device.

**Weight:** It gives the weight of the person in kgs.

**FTP:** Functional Threshold Power (FTP) is a measurement from power meters. It is the highest power level you can maintain for one hour without growing fatigued. FTP is beneficial because it provides an outlook on performance ability.

**Session\_ID:** It is unique id generated for each session performed by user.

**User\_ID:** It is the unique ID generated for every user.