Data Collection

Fitbit has a user portal that allows the user to export data to a CSV file. Unfortunately Fitbit only allows the user to download 31 days of data at one time. I made 8 downloads, one for May through December of 2016 (I got my fitbit in May) and then combined them all to into a single CSV file.

Data Cleaning

Each row of the CSV file now represents one single day of 2016. I wanted to look at the data by month so I opened the CSV in excel and added a column that reads the date and returns the month (=TEXT(A2,"yy-mmm"). I then wrote a formula that summed all data that matched each month (=SUMIF($B$2:$B$246,$A2,D$2:D$246).

I deleted all daily data and kept only monthly totals in the CSV.

Data Visualization

I used an open source JavaScript charting API for D3 called Dimple.js to visualize the data.