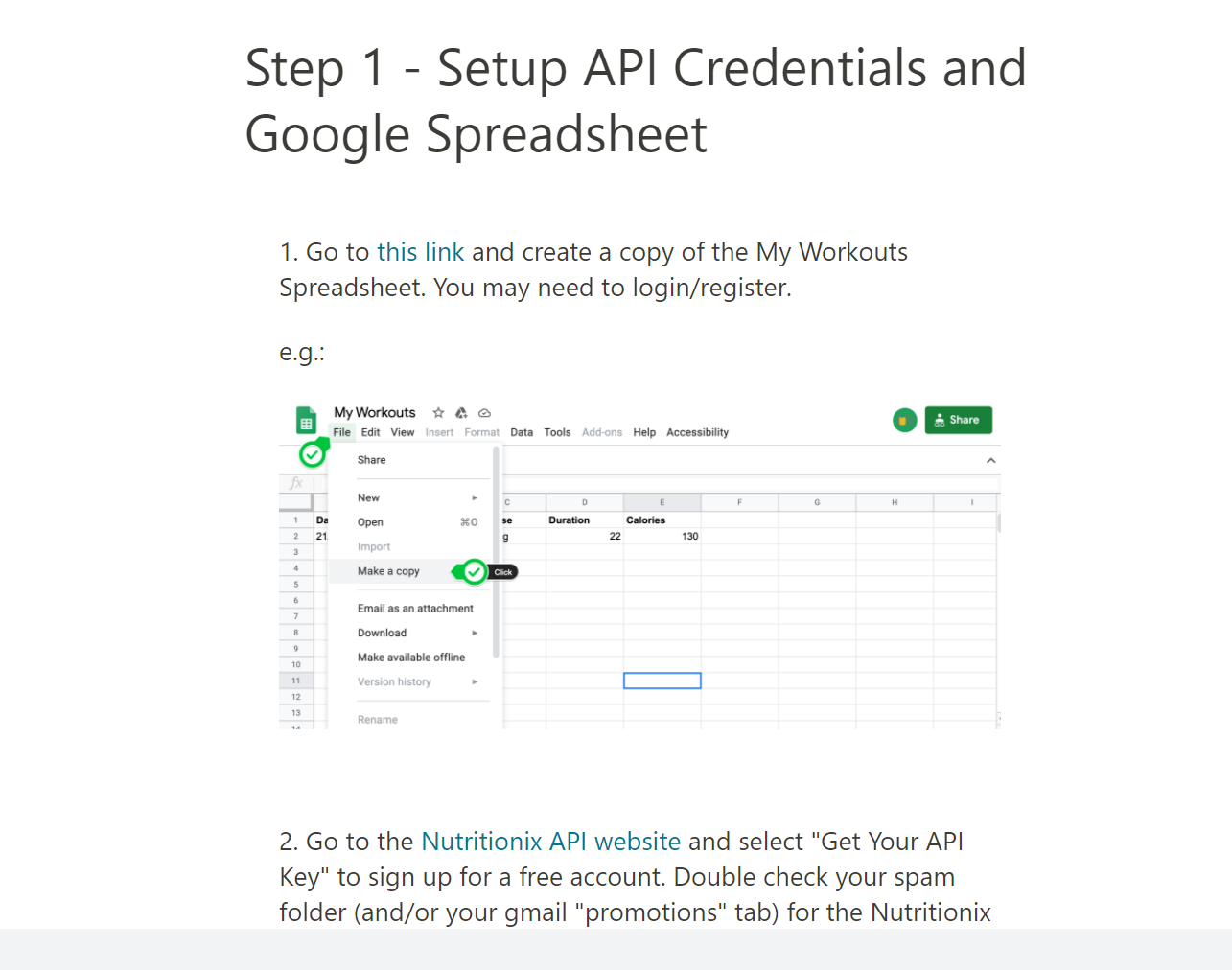
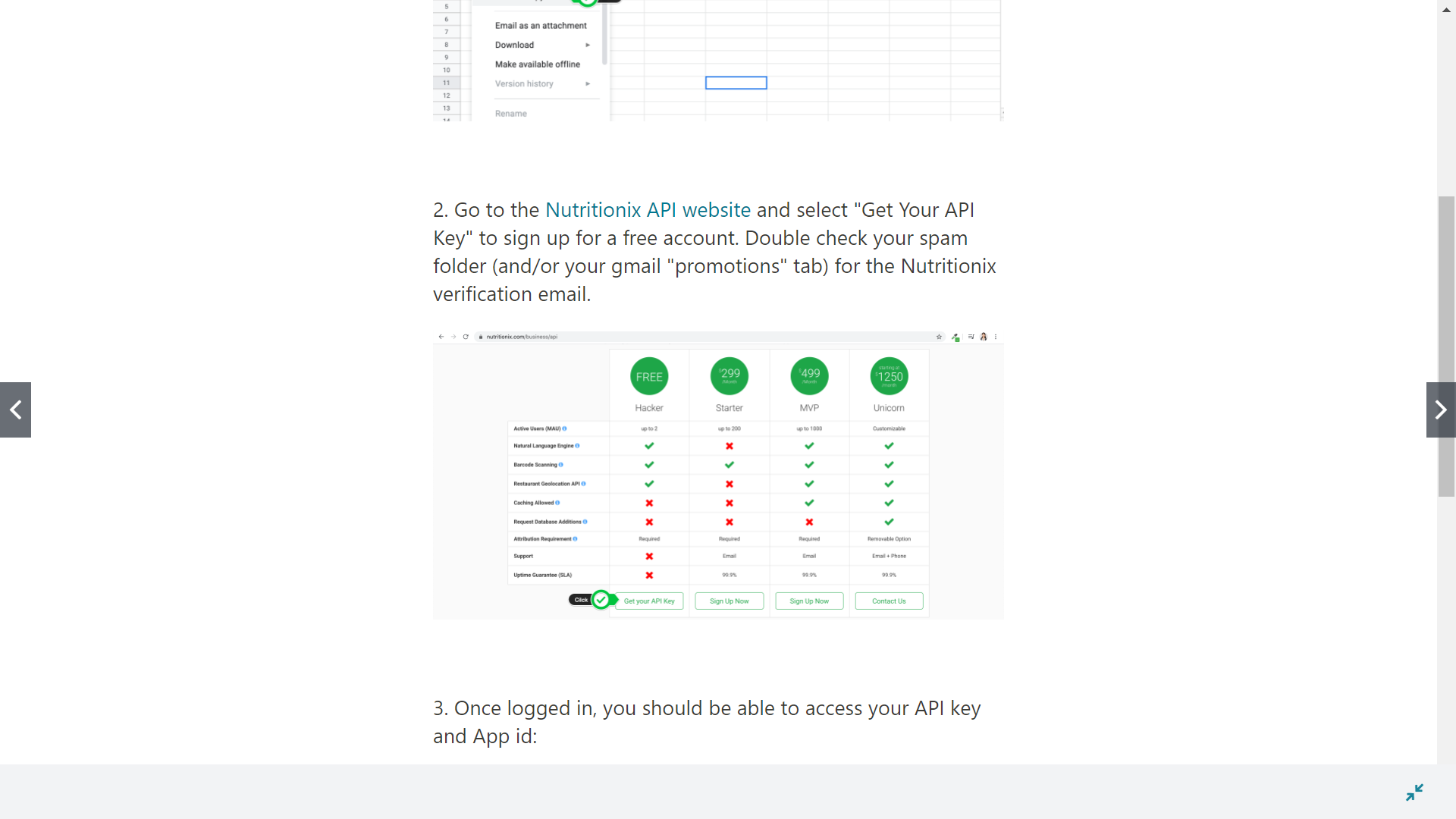
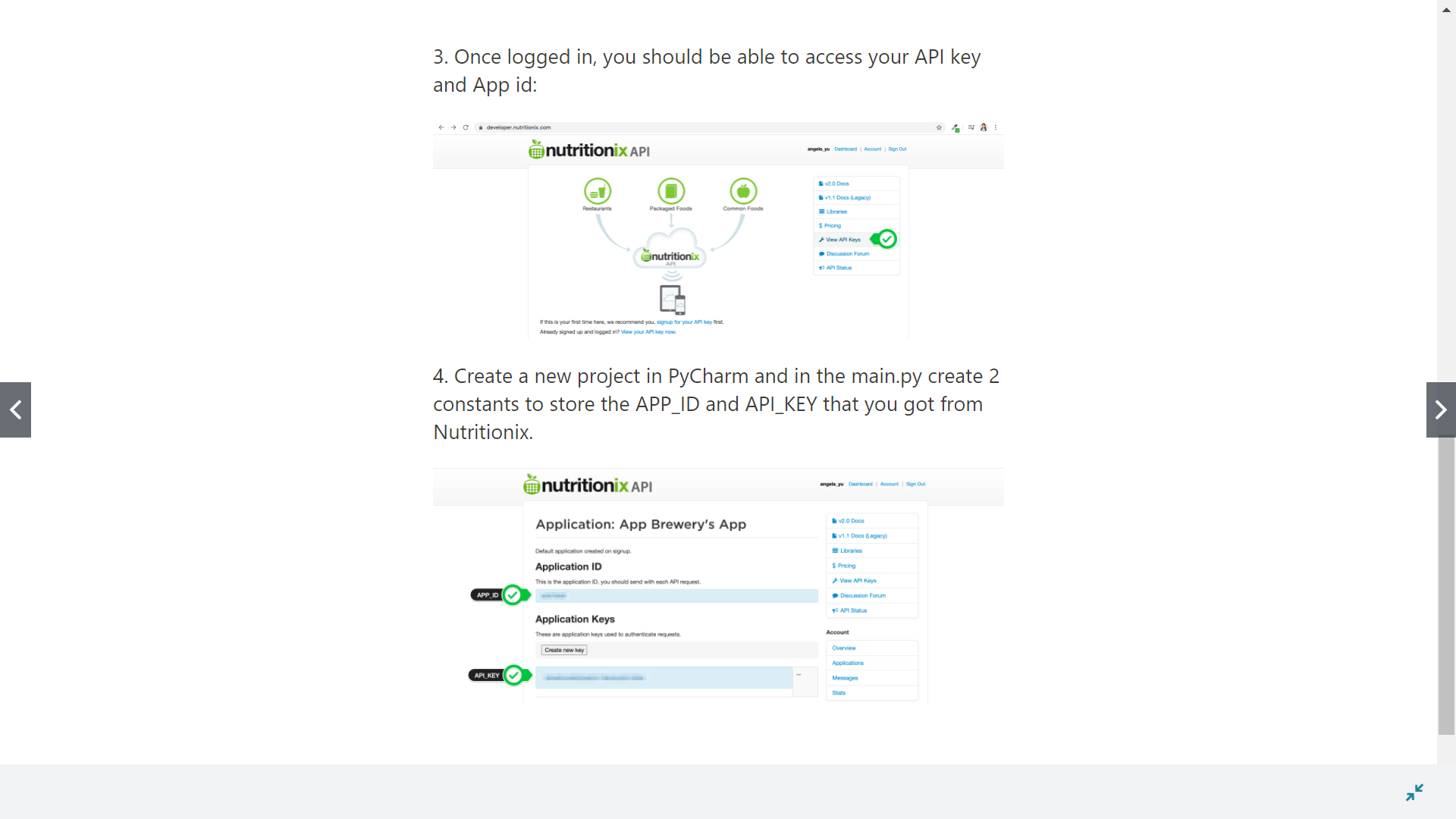
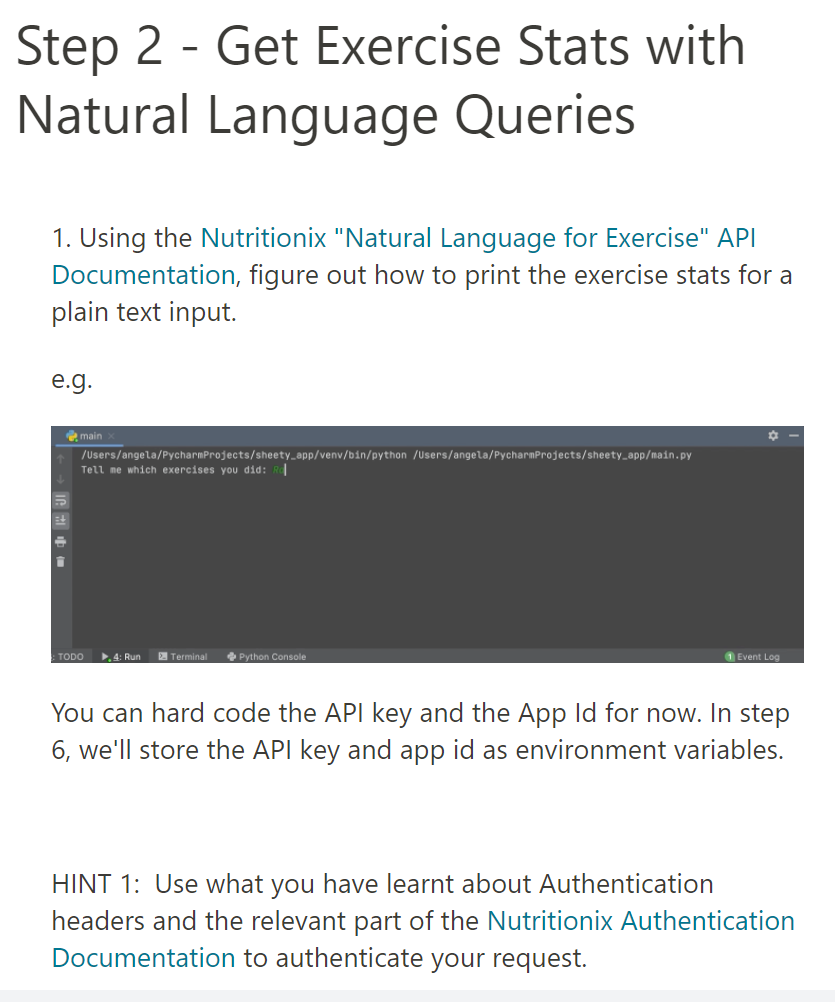
Link : https://docs.google.com/spreadsheets/d/1DHL6Y8XAHSC\_KhJsa9QMekwP8b4YheWZY\_sxlH3i494/edit?usp=sharing



Link for the nutrition : https://www.nutritionix.com/business/api

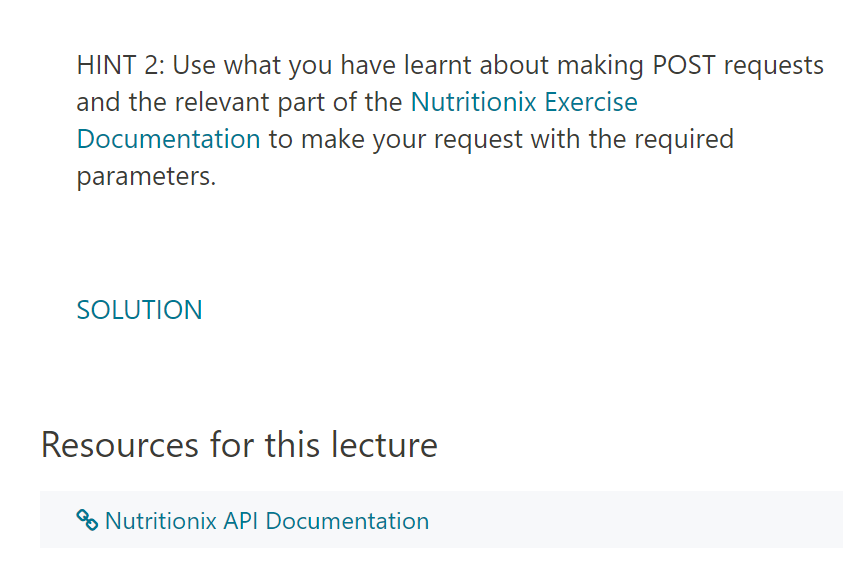






Link documentation : <https://docs.google.com/document/d/1_q-K-ObMTZvO0qUEAxROrN3bwMujwAN25sLHwJzliK0/edit#heading=h.gz6pu9o7f9iz>

Link : <https://docs.google.com/document/d/1_q-K-ObMTZvO0qUEAxROrN3bwMujwAN25sLHwJzliK0/edit#heading=h.zhjgcprrgvim>



Solution for this code:

import requests

GENDER = YOUR GENDER

WEIGHT\_KG = YOUR WEIGHT

HEIGHT\_CM = YOUR HEIGHT

AGE = YOUR AGE

APP\_ID = YOUR APP ID

API\_KEY = YOUR API KEY

exercise\_endpoint = "https://trackapi.nutritionix.com/v2/natural/exercise"

exercise\_text = input("Tell me which exercises you did: ")

headers = {

"x-app-id": APP\_ID,

"x-app-key": API\_KEY,

}

parameters = {

"query": exercise\_text,

"gender": GENDER,

"weight\_kg": WEIGHT\_KG,

"height\_cm": HEIGHT\_CM,

"age": AGE

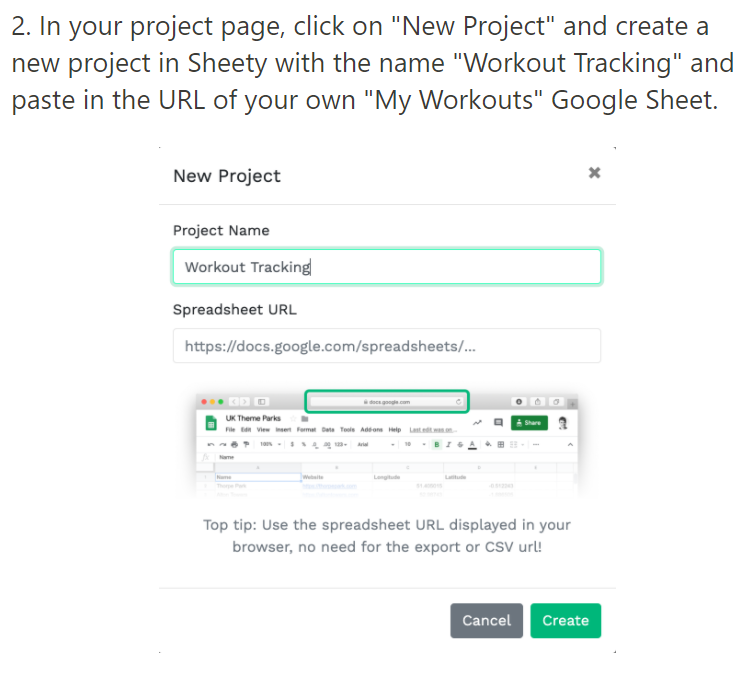
}

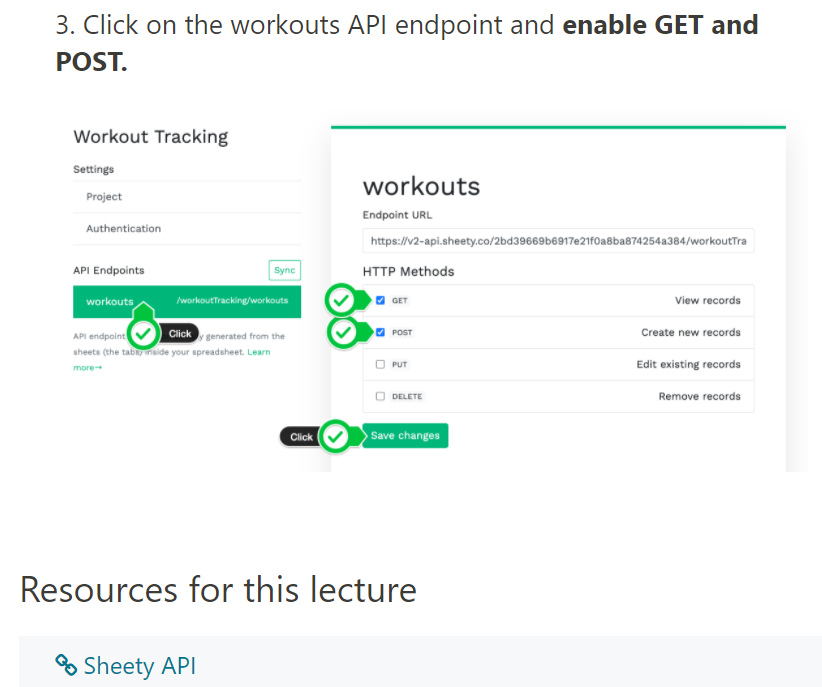
response = requests.post(exercise\_endpoint, json=parameters, headers=headers)

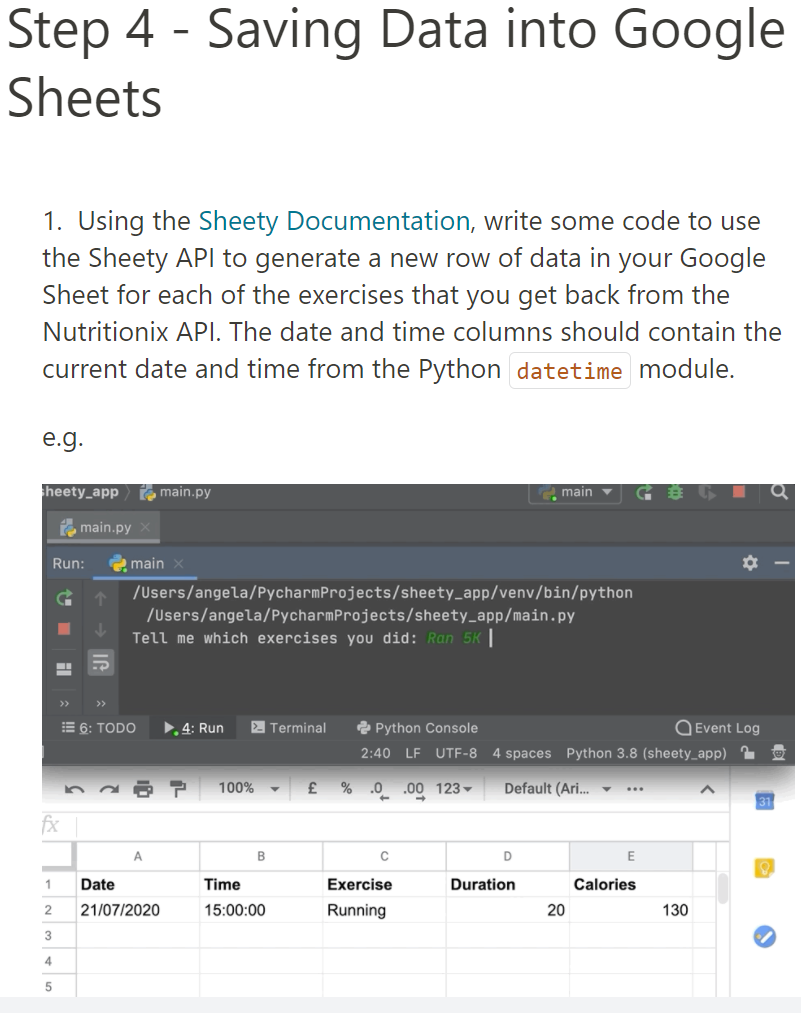
result = response.json()

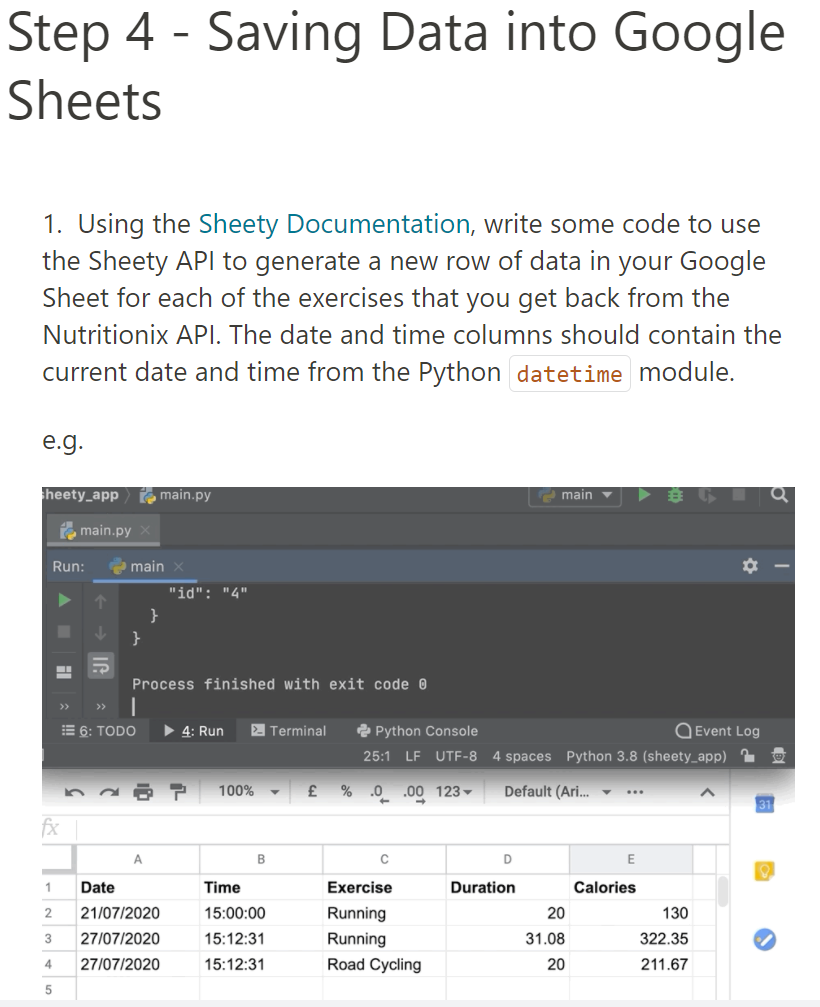
print(result)

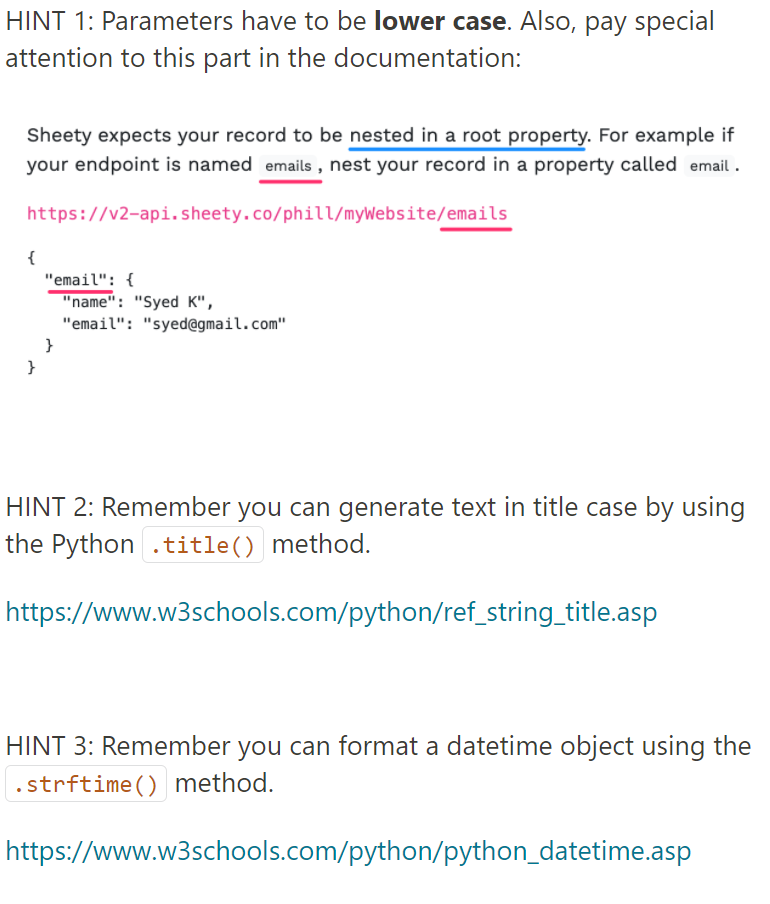


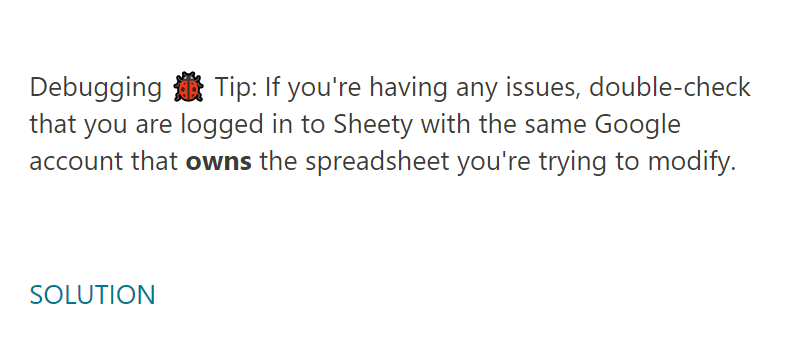












import requests

from datetime import datetime

GENDER = YOUR GENDER

WEIGHT\_KG = YOUR WEIGHT

HEIGHT\_CM = YOUR HEIGHT

AGE = YOUR AGE

APP\_ID = YOUR NUTRITIONIX APP ID

API\_KEY = YOUR NUTRITIONIX API KEY

exercise\_endpoint = "https://trackapi.nutritionix.com/v2/natural/exercise"

sheet\_endpoint = YOUR SHEETY ENDPOINT

exercise\_text = input("Tell me which exercises you did: ")

headers = {

"x-app-id": APP\_ID,

"x-app-key": API\_KEY,

}

parameters = {

"query": exercise\_text,

"gender": GENDER,

"weight\_kg": WEIGHT\_KG,

"height\_cm": HEIGHT\_CM,

"age": AGE

}

response = requests.post(exercise\_endpoint, json=parameters, headers=headers)

result = response.json()

################### Start of Step 4 Solution ######################

today\_date = datetime.now().strftime("%d/%m/%Y")

now\_time = datetime.now().strftime("%X")

for exercise in result["exercises"]:

sheet\_inputs = {

"workout": {

"date": today\_date,

"time": now\_time,

"exercise": exercise["name"].title(),

"duration": exercise["duration\_min"],

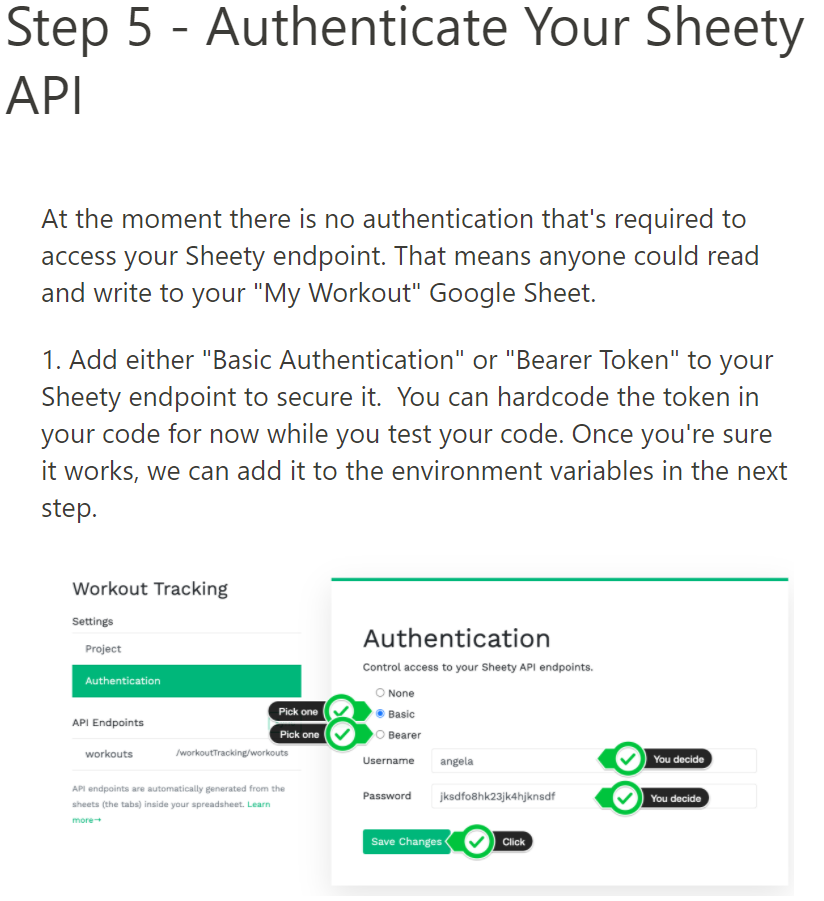
"calories": exercise["nf\_calories"]

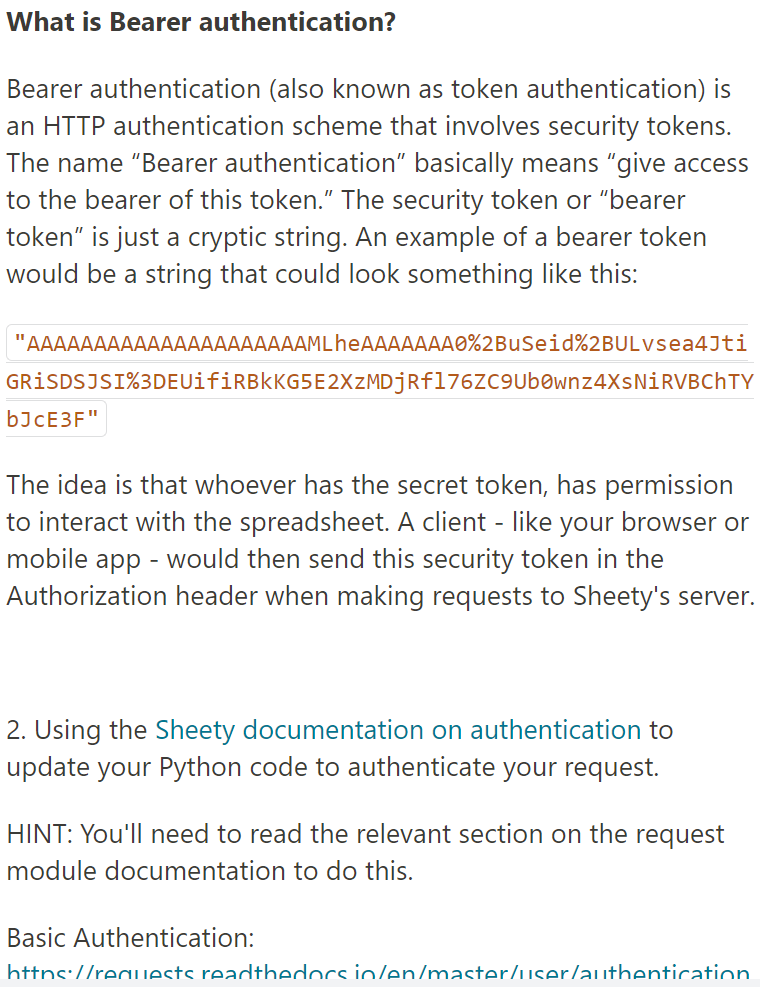
}

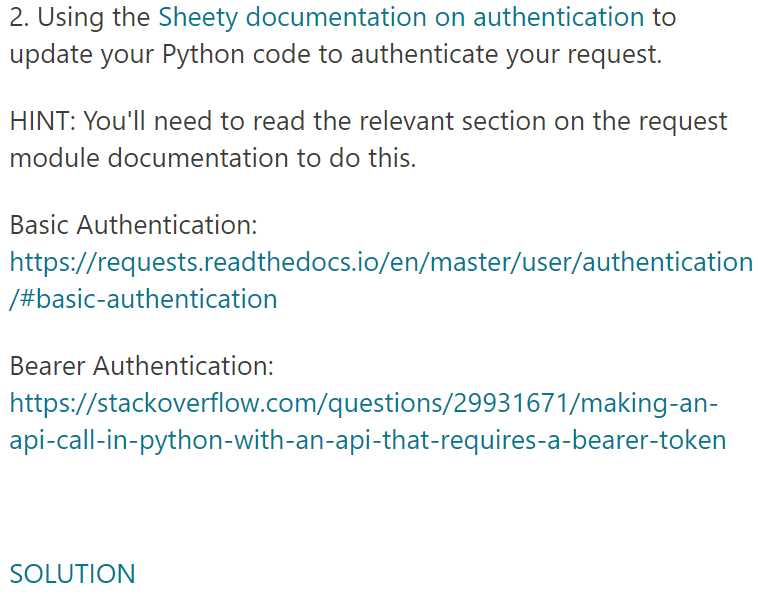
}

sheet\_response = requests.post(sheet\_endpoint, json=sheet\_inputs)

print(sheet\_response.text)







#No Authentication

sheet\_response = requests.post(sheet\_endpoint, json=sheet\_inputs)

#Basic Authentication

sheet\_response = requests.post(

sheet\_endpoint,

json=sheet\_inputs,

auth=(

YOUR USERNAME,

YOUR PASSWORD,

)

)

#Bearer Token Authentication

bearer\_headers = {

"Authorization": "Bearer YOUR\_TOKEN"

}

sheet\_response = requests.post(

sheet\_endpoint,

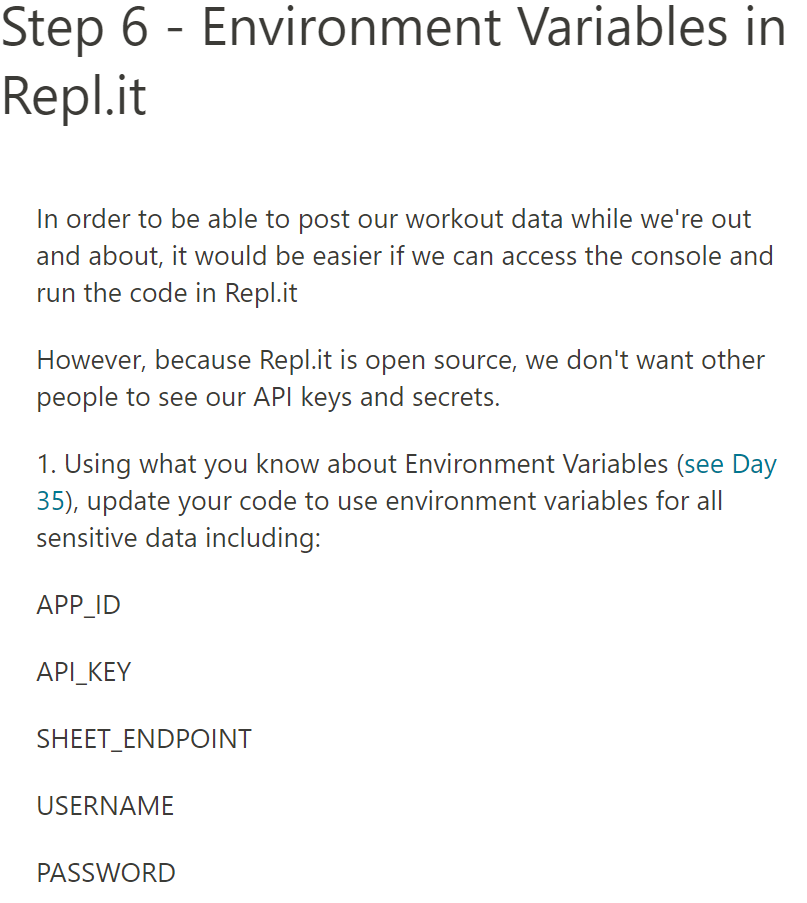
json=sheet\_inputs,

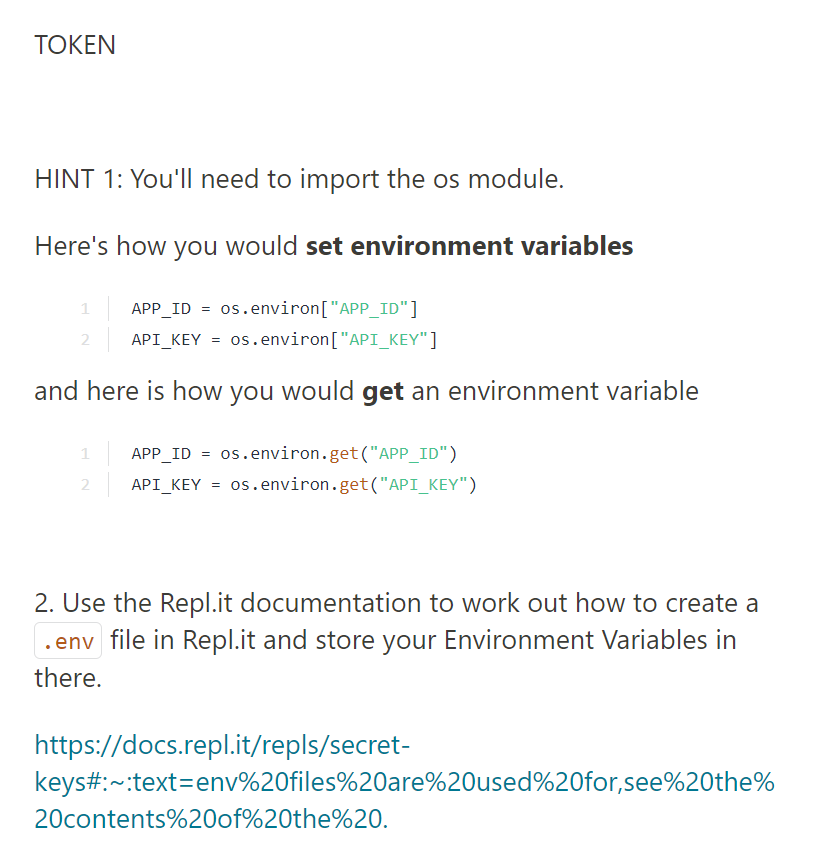
headers=bearer\_headers

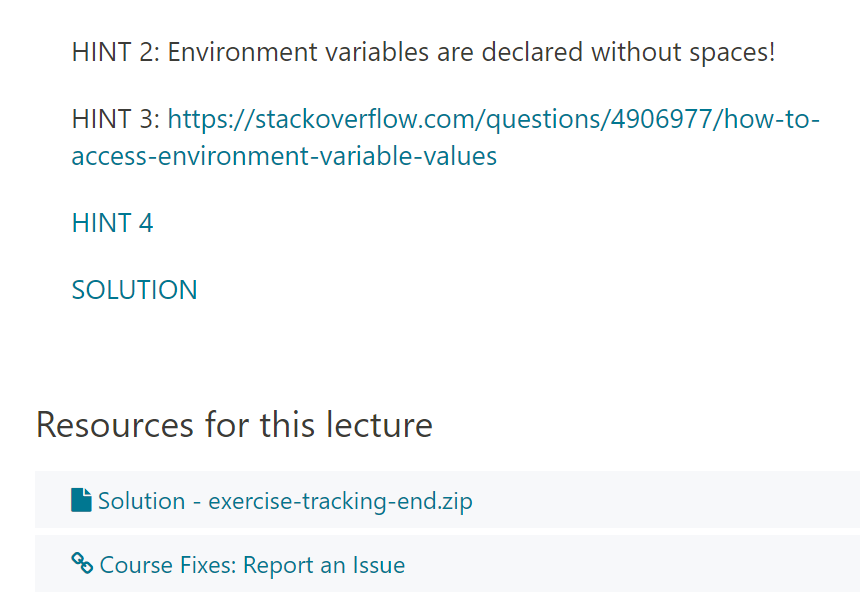
)

Links : <https://docs.python-requests.org/en/master/user/authentication/#basic-authentication>

<https://stackoverflow.com/questions/29931671/making-an-api-call-in-python-with-an-api-that-requires-a-bearer-token>







import requests

from datetime import datetime

import os

GENDER = YOUR GENDER

WEIGHT\_KG = YOUR WEIGHT

HEIGHT\_CM = YOUR HEIGHT

AGE = YOUR AGE

APP\_ID = os.environ["YOUR\_APP\_ID"]

API\_KEY = os.environ["YOUR\_API\_KEY"]

exercise\_endpoint = "https://trackapi.nutritionix.com/v2/natural/exercise"

sheet\_endpoint = os.environ["YOUR\_SHEET\_ENDPOINT"]

exercise\_text = input("Tell me which exercises you did: ")

headers = {

"x-app-id": APP\_ID,

"x-app-key": API\_KEY,

}

parameters = {

"query": exercise\_text,

"gender": GENDER,

"weight\_kg": WEIGHT\_KG,

"height\_cm": HEIGHT\_CM,

"age": AGE

}

response = requests.post(exercise\_endpoint, json=parameters, headers=headers)

result = response.json()

print(result)

today\_date = datetime.now().strftime("%d/%m/%Y")

now\_time = datetime.now().strftime("%X")

for exercise in result["exercises"]:

sheet\_inputs = {

"workout": {

"date": today\_date,

"time": now\_time,

"exercise": exercise["name"].title(),

"duration": exercise["duration\_min"],

"calories": exercise["nf\_calories"]

}

}

#No Auth

sheet\_response = requests.post(sheet\_endpoint, json=sheet\_inputs)

#Basic Auth

sheet\_response = requests.post(

sheet\_endpoint,

json=sheet\_inputs,

auth=(

os.environ["USERNAME"],

os.environ["PASSWORD"],

)

)

#Bearer Token

bearer\_headers = {

"Authorization": f"Bearer {os.environ['TOKEN']}"

}

sheet\_response = requests.post(

sheet\_endpoint,

json=sheet\_inputs,

headers=bearer\_headers

)

print(sheet\_response.text)