**INTERGRATION DOCUMENTATION**

**Integration Documentation for Importing Data from MySQL to Excel**

1. **Introduction**

This documentation outlines the process of importing data from a MySQL database into Microsoft Excel. The end goal is to export the queried data into a format that can be easily uploaded into Google Sheets. This integration allows users to analyze and visualize data stored in MySQL databases using the powerful features of Excel and Google Sheets.

1. **Prerequisites**
2. MySQL Server: Ensure that you have access to a MySQL database server, along with appropriate credentials (username and password).
3. MySQL Client: Install MySQL Workbench or any other MySQL client to execute SQL queries.
4. Microsoft Excel: Microsoft Excel application must be installed on your PC to manipulate the data after extraction.
5. Google Account: A Google account to access Google Sheets for uploading the final file.
6. **Step-by-Step Process**

**Step 1: Execute the SQL Query in MySQL**

1. Open your MySQL client (e.g., MySQL Workbench).

2. Connect to your database using your credentials (username and password).

3. Execute the following SQL query to retrieve user data joined with their eating habits and physical activities:

```sql

SELECT

u.user\_id,

u.name AS user\_name,

u.age,

u.weight,

u.height,

f.name AS food\_item,

eh.portion\_size,

eh.date AS eating\_date,

pa.activity\_type,

pa.duration,

pa.date AS activity\_date

FROM

Users u

LEFT JOIN

Eating\_Habits eh ON u.user\_id = eh.user\_id

LEFT JOIN

Food\_Items f ON eh.food\_item\_id = f.food\_item\_id

LEFT JOIN

Physical\_Activity pa ON u.user\_id = pa.user\_id AND eh.date = pa.date -- Ensures both dates match

ORDER BY

u.user\_id, eh.date;

```

4. Review the results to ensure they contain the expected data.

**Step 2: Export Query Results to a File**

1. After executing your query, navigate to the result section and select all data.

2. Click on the Export option (usually found in the toolbar).

3. Choose to save the results as a CSV (Comma-Separated Values) file to make it compliant for Excel usage.

4. Save the file to a designated location on your computer or directly to your Google Drive.

**Step 3: Importing Data into Excel**

1. Open Microsoft Excel.

2. Navigate to the Data tab on the ribbon.

3. Click on the From Text/CSV option.

4. Browse to your saved CSV file and select it.

5. Click Import. A dialog will appear where you can preview the data.

6. Click on Load, and the data will populate into Excel.

7. Review the data to ensure that all columns and rows are accurately populated.

**Step 4: Save to Google Sheets**

1. If your data is already saved in a CSV format, you can directly upload it to Google Drive.

2. Go to your Google Drive and click on the New button.

3. Select File Upload from the dropdown menu and choose your CSV file.

4. Once the file is uploaded, right-click on the file in Google Drive and select Open with > Google Sheets.

5. The file will open in Google Sheets, allowing for further analysis or sharing.

6. Save or convert it into Google Sheets format if needed.

1. **Conclusion**

This documentation provides a comprehensive overview of the steps required to extract data from a MySQL database and import it into Excel, finally uploading it to Google Sheets. By following these outlined procedures, users can efficiently leverage their data for reporting and analytical purposes, enhancing their ability to make informed decisions based on accurate and timely information.