
health-tracking Documentation

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1.2 Contributors

- Sebastian Jager <message@sebastian-jaeger.me>

1.3 Changelog

1.3.1 Version 0.1

1.4 health_tracking

1.4.1 health_tracking package

Submodules

health_tracking.constants module

health_tracking.workouts module

```
class health_tracking.workouts.Workouts (zip_dump_path: str =  
    './data/raw/export.zip', unzip_path: str =  
    './data/interim/apple_health_export', force_unzip:  
    bool = False)
```

Bases: `object`

Parse and gives access to `Workout` data of a Apple Health App dump data. Provides plotting functionalities.

Parameters

- **zip_dump_path** (*str, optional*) – Path to the zipped data dump. Defaults to `constants.ZIP_PATH`.
- **unzip_path** (*str, optional*) – Path to the unzipped data dump. Defaults to `constants.UNZIP_PATH`.
- **force_unzip** (*bool, optional*) – Flag to force unzipping the data again. Can be useful for new data. Defaults to `False`.

```
plot (x: str, y: str, plot_type: str, workout_type: str = 'runnings', outlier: (<class 'int'>, <class 'int'>) = None, z: str = None, kind: str = 'reg', xlim: (<class 'int'>, <class 'int'>) = 0.01, show_new_years: bool = True, legend: str = 'brief')
```

```
health_tracking.workouts.calc_minutes_per_km (row: pandas.core.frame.DataFrame) →  
    pandas.core.series.Series
```

Helper function that calculates the pace as minutes per kilometer. Apply via: `data_frame.apply(calc_minutes_per_km, axis=1)`.

Parameters `row` (*pd.DataFrame*) – Row of workouts `pd.DataFrame` as `pd.Series`

Returns New column for workflow `DataFrame`

Return type `pd.Series`

`health_tracking.workouts.get_new_years_offsets` (*workout_data_frame:* `pd.DataFrame`) → *list*

Helper function that computes the offsets for new years since the first workout, in days.

Parameters `workout_data_frame` (`pd.DataFrame`) – Workouts `pd.DataFrame`

Returns elements are the offsets for new years in days

Return type `list`

Module contents

```
class health_tracking.AppleHealthParser (zip_dump_path: str =
    './data/raw/export.zip', unzip_path: str =
    './data/interim/apple_health_export', force_unzip:
    bool = False)
```

Bases: `object`

Parse and gives access to Apple Health App dump data.

Parameters

- `zip_dump_path` (`str`, *optional*) – Path to the zipped data dump. Defaults to constants.ZIP_PATH.
- `unzip_path` (`str`, *optional*) – Path to the unzipped data dump. Defaults to constants.UNZIP_PATH.
- `force_unzip` (`bool`, *optional*) – Flag to force unzipping the data again. Can be useful for new data. Defaults to `False`.

`extract_activity_summaries` () → `pandas.core.frame.DataFrame`

Returns `ActivitySummary` elements.

Returns of type `ActivitySummary` or `None` if empty

Return type `pd.DataFrame`

`extract_clinical_records` () → `pandas.core.frame.DataFrame`

Returns `ClinicalRecord` elements.

Returns of type `ClinicalRecord` or `None` if empty

Return type `pd.DataFrame`

`extract_correlations` () → `pandas.core.frame.DataFrame`

Returns `Correlation` elements.

Returns of type `Correlation` or `None` if empty

Return type `pd.DataFrame`

`extract_me` () → `pandas.core.frame.DataFrame`

Returns `Me` elements.

Returns of type `Me` or `None` if empty

Return type `pd.DataFrame`

`extract_records` () → `pandas.core.frame.DataFrame`

Returns `Record` elements.

Returns of type `Record` or `None` if empty

Return type `pd.DataFrame`

extract_workouts () -> (<class 'pandas.core.frame.DataFrame'>, <class 'set'>)

Returns `Workout` elements and `set` of all workout existing types. Shortens the workout types.

Returns of type `Workout` or `None` if empty and `set` of available workout types

Return type (`pd.DataFrame`, `set`)

get_export_date () → `pandas._libs.tslibs.timestamps.Timestamp`

Returns the `pd.Timestamp` of exporting.

Returns Export timestamp

Return type `pd.Timestamp`

class `health_tracking.Singleton`

Bases: `type`

Is used as *metaclass* to achieve a singleton pattern.

CHAPTER 2

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