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1.2 Contributors

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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

```python
class health_tracking.workouts.Workouts:
    """Workouts
    ""
    def __init__(self, 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 = '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: pandas.DataFrame) → list`

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

Parameters:
- `workout_data_frame (pd.DataFrame)` – Workouts
Returns: elements are the offsets for new years in days

Return type: `list`

### Module contents


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 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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