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## All Daily Activity

**Description:** Daily activity information.

garminActivity.csv

| Data Header                        | Data Type | Data Description                                                                                                                                                     |
|------------------------------------|-----------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| ActivityDate                       | datetime  | Datetime value in mm/dd/yyyy hh:mm:ss format.<br>Note: all times are set to 12:00:00 AM                                                                              |
| ActiveKilocalories                 | integer   | Active kilocalories (dietary calories) burned through actual movement and activity during the monitoring period.                                                     |
| BmrKilocalories                    | integer   | BMR Kilocalories burned by existing Basal Metabolic Rate (calculated based on user height/weight/age/other demographic data).                                        |
| Steps                              | integer   | Count of steps recorded during the monitoring period.                                                                                                                |
| DistanceInMeters                   | integer   | Distance traveled in meters.                                                                                                                                         |
| DurationInSeconds                  | integer   | Length of the monitoring period in seconds. 86400 once a full day is complete, but less if a user syncs mid-day.                                                     |
| ActiveTimeInSeconds                | integer   | Portion of the monitoring period (in seconds) in which the device wearer was considered Active. This relies on heuristics internal to each device.                   |
| ModerateIntensityDurationInSeconds | integer   | Cumulative duration of activities of moderate intensity, lasting at least 600 seconds at a time. Moderate intensity is defined as activity with MET value range 3-6. |

|                                    |         |                                                                                                                                                                |
|------------------------------------|---------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| VigorousIntensityDurationInSeconds | integer | Cumulative duration of activities of vigorous intensity, lasting at least 600 seconds at a time. Vigorous intensity is defined as activity with MET value > 6. |
| MinHeartRateInBeatsPerMinute       | integer | Minimum of heart rate values captured during the monitoring period, in beats per minute.                                                                       |
| MaxHeartRateInBeatsPerMinute       | integer | Maximum of heart rate values captured during the monitoring period, in beats per minute.                                                                       |
| AverageHeartRateInBeatsPerMinute   | integer | Average of heart rate values captured during the last 7 days, in beats per minute.                                                                             |
| RestingHeartRateInBeatsPerMinute   | integer | Average heart rate at rest during the monitoring period, in beats per minute.                                                                                  |
| StepsGoal                          | integer | The user's steps goal for this monitoring period.                                                                                                              |
| IntensityDurationGoalInSeconds     | integer | The user's goal for consecutive seconds of moderate to vigorous intensity activity for this monitoring period.                                                 |
| FloorsClimbed                      | integer | Number of floors climbed during the monitoring period.                                                                                                         |
| FloorsClimbedGoal                  | integer | The user's goal for floors climbed in this monitoring period.                                                                                                  |

## Activity Logs

**Description:** Information about specific tracked activities captured by Garmin devices.

garminActivityLogs.csv

| Data Header                     | Data Type         | Data Description                                                         |
|---------------------------------|-------------------|--------------------------------------------------------------------------|
| StartTime                       | datetime          | Datetime value in mm/dd/yyyy hh:mm:ss AM/PM format.                      |
| DurationInSeconds               | integer           | Duration of the activity in seconds.                                     |
| IsParent                        | boolean           | TRUE = activity is the parent activity of one or more child activities . |
| TotalElevationLossInMeters      | numeric (decimal) | Total amount of elevation lost during activity in meters.                |
| TotalElevationGainInMeters      | numeric (decimal) | Total amount of elevation gained during activity in meters.              |
| Steps                           | integer           | Steps taken during the activity.                                         |
| NumberOfActiveLengths           | integer           | Number of pool lengths traveled during SWIM activities.                  |
| MaxSpeedInMetersPerSecond       | numeric (decimal) | Maximum speed in meters per second for activity                          |
| MaxRunCadenceInStepsPerMinute   | numeric (decimal) | Steps per minute for RUN activities.                                     |
| MaxPaceInMinutesPerKilometer    | numeric (decimal) | Maximum pace for RUN activities.                                         |
| MaxHeartRateInBeatsPerMinute    | integer           | Maximum heart rate tracked during activity.                              |
| MaxBikeCadenceInRoundsPerMinute | numeric (decimal) | Maximum cadence (revolutions per minute) for cycling activities.         |
| DistanceInMeters                | numeric (decimal) | Distance traveled in meters.                                             |
| DeviceName                      | string            | Device used to track the fitness activity.                               |

|                                      |                   |                                                                                                                  |
|--------------------------------------|-------------------|------------------------------------------------------------------------------------------------------------------|
| ActiveKilocalories                   | integer           | Energy expenditure in kilocalories expended during the activity.                                                 |
| AveragePaceInMinutesPerKilometer     | numeric (decimal) | Average pace of activity in minutes per kilometer.                                                               |
| AverageSwimCadenceInStrokesPerMinute | numeric (decimal) | Average swim cadence - strokes per minute - for SWIM activities.                                                 |
| AverageSpeedInMetersPerSecond        | numeric (decimal) | Average speed during activity.                                                                                   |
| AverageRunCadenceInStepsPerMinute    | numeric (decimal) | Average cadence (steps per minute) for RUN activities.                                                           |
| AverageHeartRateInBeatsPerMinute     | integer           | Average heart rate for the activity.                                                                             |
| AverageBikeCadenceInRoundsPerMinute  | numeric (decimal) | Average cadence (revolutions per minute) for cycling activities.                                                 |
| ActivityType                         | string            | Description of the activity type.                                                                                |
| ParentSummaryId                      | integer           | If present, the summaryID of the related parent activity. By default set to 0.                                   |
| Manual                               | boolean           | FALSE = activities tracked via Garmin device.<br>True = activities manually entered through Garmin Connect site. |

## Heart Rate

**Description:** High resolution intraday heart rate values.

NOTE: Garmin devices that track heart rate log data at a different resolution than the sample rate. Newer devices sample heart rate continuously, but may log averaged heart rate in one-minute intervals. This may manifest as repeated values across the provided 15-second samples. Future devices may provide higher resolution logging.

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garminHeartRate.csv

| Data Header  | Data Type | Data Description                                    |
|--------------|-----------|-----------------------------------------------------|
| ActivityTime | datetime  | Datetime value in mm/dd/yyyy hh:mm:ss AM/PM format. |
| HeartRate    | integer   | Heart rate value in beats per minute.               |

## Sleep

### Description:

Sleep summaries are data records representing how long the user slept and the automatically classified sleep levels during that sleep event (e.g. light, deep periods) based on data generated by the user's device.

### NOTE:

Incomplete data across a sleep period may result in partial or inaccurate sleep records. Please consult the validation field to determine status.

New Garmin devices that with heart rate sensors support "Advanced Sleep Monitoring," which includes light, deep, and REM sleep stages.

### garminSleep.csv

| Data Header                 | Data Type | Data Description                                                                                                                                                                                                                                                                                                                                                                                                                           |
|-----------------------------|-----------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| ActivityDateTime            | datetime  | Datetime value in mm/dd/yyyy hh:mm:ss AM/PM format.                                                                                                                                                                                                                                                                                                                                                                                        |
| DeepSleepDurationInSeconds  | integer   | Time in seconds the user spent in deep sleep during the sleep period.                                                                                                                                                                                                                                                                                                                                                                      |
| RemSleepDurationInSeconds   | integer   | Time in seconds the user spend in REM sleep during the sleep period.                                                                                                                                                                                                                                                                                                                                                                       |
| LightSleepDurationInSeconds | integer   | Time in seconds the user spent in light sleep during the sleep period.                                                                                                                                                                                                                                                                                                                                                                     |
| AwakeDurationInSeconds      | integer   | Time in seconds the user spent awake during the sleep period.                                                                                                                                                                                                                                                                                                                                                                              |
| Validation                  | string    | Possible values:<br><b>MANUAL:</b> The user entered sleep start and stop times manually through a web form. There is no device data backing up the sleep assessment. <b>DEVICE:</b> The user used a device with the sleep feature to manually start and stop sleep. This type still requires manual user intervention to judge sleep start and stop.<br><b>AUTO_TENTATIVE:</b> The sleep start and stop times were auto-detected by Garmin |

|  |  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
|--|--|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  |  | <p>Connect. However, it is possible that further refinements to this sleep record will come later. This could be because the user is still asleep or could be because the user owns multiple devices and might sync another device later for this same time period.</p> <p><b>AUTO_FINAL:</b> The sleep start and stop times were auto-detected by Garmin Connect, and enough data has been gathered to finalize the window. This status also indicates that the user only has one device so this record can never be updated again – users that own multiple devices will never get an AUTO_FINAL.</p> <p><b>AUTO_MANUAL:</b> Sleep data was auto-detected by Garmin Connect, but the user is overriding the start and stop times or the user started with a manual entry and the sleep was auto-detected later. Garmin Connect stores both but will display the manual start and stop times in favor of the auto-detected times.</p> |
|--|--|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|



## Sleep Details

### Description:

A high resolution data set the includes the time spent in different sleep levels (awake, light, deep) during a sleep record.

### NOTE:

New Garmin devices that with heart rate sensors support “Advanced Sleep Monitoring,” which includes light, deep, and REM sleep stages.

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garminSleepDetails.csv

| Data Header      | Data Type | Data Description                                                                                                                                                                                                                                                                                   |
|------------------|-----------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| SummaryId        | string    | Unique identifier for each sleep record. Entries with identical SummaryID values are from the same sleep record.                                                                                                                                                                                   |
| ActivityDateTime | datetime  | Datetime value in mm/dd/yyyy hh:mm:ss AM/PM format.                                                                                                                                                                                                                                                |
| SleepStage       | string    | One of four sleep stage levels: <ul style="list-style-type: none"> <li>• awake</li> <li>• rem</li> <li>• light</li> <li>• deep</li> </ul>                                                                                                                                                          |
| Duration         | integer   | Duration in seconds of time spent in the sleep level.                                                                                                                                                                                                                                              |
| validation       | string    | <p><b>MANUAL:</b> The user entered sleep start and stop times manually through a web form. There is no device data backing up the sleep assessment.</p> <p><b>DEVICE:</b> The user used a device with the sleep feature to manually start and stop sleep. This type still requires manual user</p> |

|  |  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
|--|--|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  |  | <p>intervention to judge sleep start and stop.</p> <p><b>AUTO_TENTATIVE:</b> The sleep start and stop times were auto-detected by Garmin Connect using accelerometer data. However, it is possible that further refinements to this sleep record will come later. This could be because the user is still asleep or could be because the user owns multiple devices and might sync another device later for this same time period.</p> <p><b>AUTO_FINAL:</b> The sleep start and stop times were auto-detected by Garmin Connect, and enough data has been gathered to finalize the window. This status also indicates that the user only has one device so this record can never be updated again –users that own multiple devices will never get an AUTO_FINAL.</p> <p><b>AUTO_MANUAL:</b> Sleep data was auto-detected by Garmin Connect, but the user is overriding the start and stop times or the user started with a manual entry and the sleep was auto-detected later. Garmin Connect stores both but will display the manual start and stop times in favor of the auto-detected times.</p> <p><b>ENHANCED_TENTATIVE:</b> Sleep data was collected from a device capable of running an enhanced sleep analysis to detect REM sleep, but an updated sleep summary record may come later with further refinements or a greater sleep period.</p> <p><b>ENHANCED_FINAL:</b> Sleep data was collected from a device capable of running an enhanced</p> |
|--|--|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

|  |  |                                                                                                                |
|--|--|----------------------------------------------------------------------------------------------------------------|
|  |  | sleep analysis to detect REM sleep, and no further updates or refinements to this sleep analysis are expected. |
|--|--|----------------------------------------------------------------------------------------------------------------|

## Stress

**Description:** Daily stress information tracked by supported devices.

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garminStress.csv

| Data Header             | Data Type | Data Description                                                                                                                                                                                                                                                                                                                                                     |
|-------------------------|-----------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| ActivityDateTime        | datetime  | Datetime value in mm/dd/yyyy hh:mm:ss AM/PM format.                                                                                                                                                                                                                                                                                                                  |
| AverageStressLevel      | integer   | An abstraction of the user's average stress level in this monitoring period, measured from 1 to 100, or -1 if there is not enough data to calculate average stress. Scores between: <ul style="list-style-type: none"> <li>• 1-25 are considered "rest"</li> <li>• 26-50 "low" stress</li> <li>• 51-75 "medium" stress</li> <li>• 76-100 as "high" stress</li> </ul> |
| MaxStressLevel          | integer   | The highest stress level measurement taken during this monitoring period.                                                                                                                                                                                                                                                                                            |
| StressDurationInSeconds | integer   | The number of seconds in this monitoring period where stress level measurements were in the stressful range (26-100).                                                                                                                                                                                                                                                |

|                                 |         |                                                                                                                                                                                                                                                                                                                                                                                        |
|---------------------------------|---------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| RestStressDurationInSeconds     | integer | The number of seconds in this monitoring period where stress level measurements were in the restful range (1 to 25).                                                                                                                                                                                                                                                                   |
| ActivityStressDurationInSeconds | integer | The number of seconds in this monitoring period where the user was engaging in physical activity and so stress measurement was unreliable.<br>All duration in this monitoring period not covered by stress, rest, and activity stress should be considered Uncategorized, either because the device was not worn or because not enough data could be taken to generate a stress score. |
| LowStressDurationInSeconds      | integer | The portion of the user's stress duration where the measured stress score was in the low range (26-50).                                                                                                                                                                                                                                                                                |
| MediumStressDurationInSeconds   | integer | The portion of the user's stress duration where the measured stress score was in the medium range (51-75).                                                                                                                                                                                                                                                                             |
| HighStressDurationInSeconds     | integer | The portion of the user's stress duration where the measured stress score was in the high range (76-100).                                                                                                                                                                                                                                                                              |
| StressQualifier                 | string  | A qualitative label applied based on all stress measurements in this monitoring period.                                                                                                                                                                                                                                                                                                |

# Stress Details

**Description:** High resolution intraday stress values from supported Garmin devices.

garminStressDetails.csv

| Data Header            | Data Type  | Data Description                                                                                                                                                                                                    |
|------------------------|------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| ActivityDate           | datetime   | Local datetime value in mm/dd/yyyy hh:mm:ss AM/PM format.<br>Note: all times are set to 12:00:00 AM<br><br>*Not included if time zone changed at any point during a given day. See TimeZoneChangedThisDay for more. |
| ActivityDateUTC        | datetime   | UTC datetime value in mm/dd/yyyy hh:mm:ss AM/PM format.                                                                                                                                                             |
| CalendarDate           | date       | The date for which Garmin Connect will display the stress level value.                                                                                                                                              |
| TimeZoneChangedthisDay | True/False | If it is detected that time zone of the device changed at any point during a given day, this will be set to `True`.<br><br>Activity date will not be included if this is set to `True`.                             |

|                  |         |                                                                                                                                                                                                                        |
|------------------|---------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| ActivityTime     | time    | time value in mm/dd/yyyy hh:mm:ss AM/PM format.                                                                                                                                                                        |
| StressLevelValue | integer | Stress value captured by Garmin. Values are 0 - 100 (low to high stress). <ul style="list-style-type: none"> <li>• -1 = not enough data</li> <li>• -2 = too much motion to accurately capture stress values</li> </ul> |

## Epoch

**Description:** High resolution intraday values for daily activity. Epoch data represents the sum totals for data found in EpochLog.csv for each 15-minute interval.

garminEpoch.csv

| Data Header        | Data Type         | Data Description                                    |
|--------------------|-------------------|-----------------------------------------------------|
| ActivityDateTime   | datetime          | Datetime value in mm/dd/yyyy hh:mm:ss AM/PM format. |
| Steps              | integer           | Total number of steps taken.                        |
| DistanceInMeters   | numeric (decimal) | Total distance traveled in meters.                  |
| ActiveKilocalories | integer           | Total active energy expenditure during the epoch.   |

|                   |         |                                                                                                                                                                                                  |
|-------------------|---------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                   |         | This includes only the calories burned by the activity and not calories burned as part of the basal metabolic rate                                                                               |
| DurationInSeconds | integer | Length of the monitoring period in seconds. Should be equal to 900 in most cases. In rare cases may be less than 900 when a user syncs in the middle of an epoch                                 |
| METmins           | integer | Total sum of MET minutes for all activityTypes in the same 15min epoch from the <b>garminEpochLog.csv file</b> .<br>Calculation:<br>$\text{sum}(\text{met} * (\text{activeTimeInSeconds} / 60))$ |
| METavg            | integer | The average MET value for the 15 minute epoch. Calculation:<br>$\text{METmins} / ((\text{DurationInSeconds} / 900) * 15)$                                                                        |

## Epoch Log

**Description:** High resolution intraday values for daily activity.

NOTE: Epoch summary records contain much of the same data available in Daily summaries, but with 15-minute time-slice granularity.

There is one record for each activity type monitored within an individual epoch. For example, if the user was sedentary for five minutes, walked for five minutes, and then ran for five minutes over the course of 15 minutes, three activity records would be generated for that single 15-minute epoch. The duration value would be 900 seconds for all three records, but the active time for each would be 300 seconds.

garminEpochLog.csv

| Data Header        | Data Type | Data Description                           |
|--------------------|-----------|--------------------------------------------|
| ActivityType       | datetime  | Text description of the activity type      |
| ActiveKilocalories | integer   | Total active energy expenditure during the |

|                     |                   |                                                                                                                                                                                                                                                                                                                                                                                                                                  |
|---------------------|-------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                     |                   | epoch.<br><br>This includes only the calories burned by the activity and not calories burned as part of the basal metabolic rate                                                                                                                                                                                                                                                                                                 |
| Steps               | integer           | Count of steps recorded during the monitoring period                                                                                                                                                                                                                                                                                                                                                                             |
| DistanceInMeters    | numeric (decimal) | Distance traveled in meters                                                                                                                                                                                                                                                                                                                                                                                                      |
| DurationInSeconds   | integer           | Length of the monitoring period in seconds.                                                                                                                                                                                                                                                                                                                                                                                      |
| ActiveTimeInSeconds | integer           | Portion of the monitoring period (in seconds) in which the device wearer was active for this activity type. The sum of active times of all epochs of the same start time (and different activity types) should be equal to the duration.                                                                                                                                                                                         |
| ActivityDateTime    | datetime          | Datetime value in mm/dd/yyyy hh:mm:ss AM/PM format.                                                                                                                                                                                                                                                                                                                                                                              |
| Met                 | numeric (decimal) | MET (Metabolic Equivalent of Task) value for the active time for this activity type.                                                                                                                                                                                                                                                                                                                                             |
| Intensity           | string            | Qualitative measure of intensity: <ul style="list-style-type: none"> <li>• <b>Sedentary</b> = Little to no activity monitored. This could be due to minimal movement, sitting, resting, or sleeping.</li> <li>• <b>Active</b> = Some activity monitored. A brisk walk could achieve this intensity.</li> <li>• <b>Highly Active</b> = High activity monitored. Running or speed walking could achieve this intensity.</li> </ul> |
| MeanMotionIntensity | numeric (decimal) | The average of motion intensity scores for all minutes in this monitoring period. (see note below)                                                                                                                                                                                                                                                                                                                               |
| MaxMotionIntensity  | numeric (decimal) | The largest motion intensity score of any minute in this monitoring period. (see note below)                                                                                                                                                                                                                                                                                                                                     |



**Motion Intensity** is a numerical abstraction (from 0 to 7) of movement data useful for characterizing the energy of specific motions relative to activity. As an example, a 3 while sitting on the couch (i.e. sedentary) represents much less movement than a 3 while running.

## Move IQ

**Description:** Summary data regarding automatically detected activities.

**NOTE:**

Move IQ is a feature found on some activity tracking devices. Garmin Connect identifies periods of movement that match familiar exercising patterns such as biking, running, swimming, walking, or using an elliptical machine, and tags them as Events

---

garminMoveIQ.csv

| Data Header       | Data Type | Data Description                                                 |
|-------------------|-----------|------------------------------------------------------------------|
| StartTime         | datetime  | Datetime value in mm/dd/yyyy hh:mm:ss AM/PM format.              |
| DurationInSeconds | integer   | Heart rate value in beats per minute.                            |
| ActivityType      | string    | The activity type that has been identified for this timespan.    |
| ActivitySubType   | string    | The activity subtype that has been identified for this timespan. |

## Body Composition

**Description:**

Information about a user's biometric data.

**NOTE:**

This data can be generated three ways:

1. Users can manually enter their weight on Garmin Connect. This results in a summary with only time and weight.
  2. Users may also connect their MyFitnessPal account to their Garmin Connect account and update their weight on MyFitnessPal. This results in a summary that has a time and weight.
  3. Finally, a user might have a Garmin Index body composition scale and sync data from this device. This will generate a summary with all possible biometric fields.
- 

garminBodyComposition.csv

| Data Header       | Data Type | Data Description                                    |
|-------------------|-----------|-----------------------------------------------------|
| ActivityDateTime  | datetime  | Datetime value in mm/dd/yyyy hh:mm:ss AM/PM format. |
| MuscleMassInGrams | integer   | Muscle mass in grams                                |
| BoneMassInGrams   | integer   | Bone mass in grams                                  |

|                    |                   |                                        |
|--------------------|-------------------|----------------------------------------|
| BodyWaterInPercent | numeric (decimal) | Percentage of body water (0.0 - 100.0) |
| BodyFatInPercent   | numeric (decimal) | Percentage of body fat (0.0 - 100.0)   |
| BodyMassIndex      | numeric (decimal) | Body mass index (BMI)                  |
| WeightInGrams      | integer           | Weight in grams                        |

## User Metrics

### Description:

User Metrics are per-user calculations performed by Garmin based on the underlying data uploaded from the user's device. This data can be specific to a single device and field availability is dependent on device model support.

### NOTE:

Unlike other summaries, User Metrics are associated only with a calendar date, not a specific time frame, and only the most recent value for any fields is presented to the user.

### garminUserMetrics.csv

| Data Header      | Data Type         | Data Description                                                                                                                                 |
|------------------|-------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|
| ActivityDateTime | datetime          | Datetime value in mm/dd/yyyy hh:mm:ss AM/PM format.                                                                                              |
| Vo2Max           | Numeric (decimal) | An estimate of the maximum volume of oxygen (in milliliters) the user can consume per minute per kilogram of body weight at maximum performance. |
| FitnessAge       | integer           | An estimation of the 'age' of the user's fitness level, calculated by comparing internal fitness metrics with the average                        |

|  |  |                                                 |
|--|--|-------------------------------------------------|
|  |  | readings of biometrically similar users by age. |
|--|--|-------------------------------------------------|