

Health Data Sample from Garmin-Labfront Integration

1. Introduction to the data collection project:

This project involves the collection of health-related physiological and activity data from study participants using wearable devices. The objective is to provide representative sample data for health-related research and analysis.

2. Devices: Garmin Vivosmart 5

3. Data Management Platform: Labfront (cloud-based data management system)

4. Number of Participant: 4

5. Data collection Period: 3 weeks (20days)

6. Summary on Health Data Collected

Health data were continuously collected from four participants over a 20-day period. The Garmin Vivosmart 5 devices recorded physiological and activity metrics, which were transmitted to the Labfront data management platform through secure cloud connections.

The collected data were subsequently downloaded from the Labfront platform for analysis. The approximate data volume is 6 MB per participant per day, resulting in a total dataset size of approximately 126 MB for the full 20-day collection period.

All collected data are provided solely for reference and use in health-related research projects.

7. The attached Zip file has the following directory structure:

- Project directory (with project name)

📁 Impact_20of_20Exercise_20on_20Sleep_20w_2F_20Garmin

- Each Participant directory (with Participant ID)

📁 GD-01_1e594545

📁 GD-02_8f3799b5

📁 GD-03_7f68eee2

📁 GD-04_bda24031

- Each Health Data directory (start with garmin-connect)
- Last directory includes the questionnaire response from the participant

📁 garmin-connect-activity-move-iq-summary

📁 garmin-connect-daily-heart-rate

📁 garmin-connect-daily-summary

📁 garmin-connect-epoch

📁 garmin-connect-pulse-ox

📁 garmin-connect-respiration

📁 garmin-connect-sleep-pulse-ox

📁 garmin-connect-sleep-respiration

📁 garmin-connect-sleep-stage

📁 garmin-connect-sleep-summary

📁 garmin-connect-stress

📁 garmin-connect-user-metrics

📁 garmin-device-actigraphy

📁 garmin-device-bbi

📁 garmin-device-heart-rate

📁 garmin-device-pulse-ox

📁 garmin-device-step

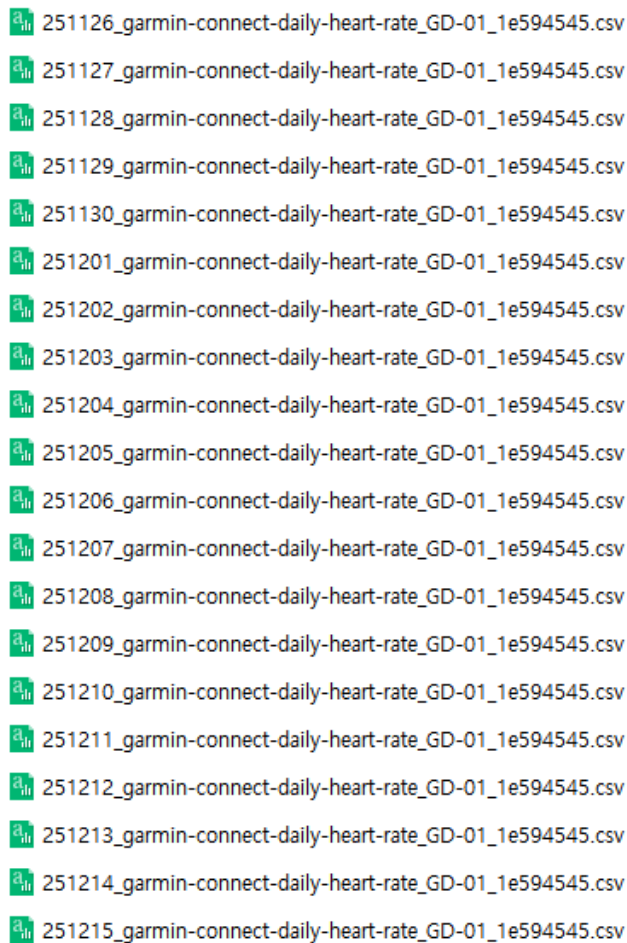
📁 garmin-device-stress

📁 questionnaire

8. List of Health Data Collected

Some directories contain only a single file, whereas others include multiple files organized by the day of data collection. This variation reflects differences in data generation frequency and file segmentation across data types.

For example, the directory `garmin-connect-daily-heart-rate` contains multiple files, with each file corresponding to an individual day of collected heart rate data. The following screenshot illustrates the file structure and naming convention used within this directory.



The screenshot displays a list of 17 CSV files in a directory. Each file name follows a consistent naming convention: a numeric ID, followed by the directory path `garmin-connect-daily-heart-rate_GD-01_1e594545`, and the file extension `.csv`. The IDs are sequential, starting from 251126 and ending at 251215.

- 251126_garmin-connect-daily-heart-rate_GD-01_1e594545.csv
- 251127_garmin-connect-daily-heart-rate_GD-01_1e594545.csv
- 251128_garmin-connect-daily-heart-rate_GD-01_1e594545.csv
- 251129_garmin-connect-daily-heart-rate_GD-01_1e594545.csv
- 251130_garmin-connect-daily-heart-rate_GD-01_1e594545.csv
- 251201_garmin-connect-daily-heart-rate_GD-01_1e594545.csv
- 251202_garmin-connect-daily-heart-rate_GD-01_1e594545.csv
- 251203_garmin-connect-daily-heart-rate_GD-01_1e594545.csv
- 251204_garmin-connect-daily-heart-rate_GD-01_1e594545.csv
- 251205_garmin-connect-daily-heart-rate_GD-01_1e594545.csv
- 251206_garmin-connect-daily-heart-rate_GD-01_1e594545.csv
- 251207_garmin-connect-daily-heart-rate_GD-01_1e594545.csv
- 251208_garmin-connect-daily-heart-rate_GD-01_1e594545.csv
- 251209_garmin-connect-daily-heart-rate_GD-01_1e594545.csv
- 251210_garmin-connect-daily-heart-rate_GD-01_1e594545.csv
- 251211_garmin-connect-daily-heart-rate_GD-01_1e594545.csv
- 251212_garmin-connect-daily-heart-rate_GD-01_1e594545.csv
- 251213_garmin-connect-daily-heart-rate_GD-01_1e594545.csv
- 251214_garmin-connect-daily-heart-rate_GD-01_1e594545.csv
- 251215_garmin-connect-daily-heart-rate_GD-01_1e594545.csv

9. Zip file

Please find the attached ZIP file titled “Health Data Sample.zip” for your reference. We hope this dataset will be useful for your health-related research project.