

AI-04633 Access Garmin Data via API

How to fully utilize the Garmin Connect data via API? Is it free to access my data via API? I want to grab the public url of my workout, it has a random string of number, can I extract this number via the API? Currently, I have to open the exercise activity to get the url. Any BKM?

To fetch every activity URL without writing or compiling code, the best options are running a **browser console script** inside your logged-in session or requesting an **official bulk data export** from Garmin.

Method 1: Browser Console (Fastest & No Installation)

Since your browser is already authenticated, you can use the built-in Developer Tools to fetch all activity IDs directly through Garmin's web interface.

1. Open Chrome or Firefox, navigate to [Garmin Connect](#), and log in.
2. Press **F12** (or right-click anywhere and select **Inspect**) to open Developer Tools, then click the **Console** tab.
3. Paste the following JavaScript block into the console and press **Enter**:

JavaScript

```
(async function getAllGarminUrls() {  
  let start = 0;  
  const limit = 100;  
  let allUrls = [];  
  let fetching = true;  
  
  console.log("Fetching activities...");  
  
  while (fetching) {  
    const response = await fetch(`/modern/proxy/activitylist-service/activities/search/activities?  
start=${start}&limit=${limit}`);  
    const activities = await response.json();  
  
    if (activities.length === 0) {  
      fetching = false;  
      break;  
    }  
  
    activities.forEach(act => {
```

```

    allUrls.push(`https://connect.garmin.com/modern/activity/${act.activityId}`);
  });

  start += limit;
}

console.log(`\n--- Done! Found ${allUrls.length} activities ---\n`);
console.log(allUrls.join('\n'));
})();

```

4. The console will paginate through your entire history and print every URL on a new line. You can copy and paste the output directly into Excel, Google Sheets, or a text file.

Method 2: Official Garmin Account Export (Complete No-Code)

If you prefer a spreadsheet without using browser developer tools, request your complete account history directly from Garmin.

1. Go to Garmin's [Data Management Portal](#) and sign in.
2. Click **Export Your Data**.
3. Confirm the request via the email Garmin sends you.
4. Once processed (usually within a few hours to a day), download and extract the ZIP file.
5. Open the folder `DI_CONNECT/DI-Connect-Fitness/` and locate the file `summarizedActivities.json` or `summarizedActivities.csv`.
6. Open the file in Excel. The `activityId` column contains every workout ID. You can construct the full URL in Excel using the formula:
`= "[https://connect.garmin.com/modern/activity/](https://connect.garmin.com/modern/activity/)"`
 & A2 (assuming column A holds the ID).

Method 3: Browser Extensions

If you want an ongoing one-click export button inside your browser:

- **Garmin Connect Data Export (Chrome / Firefox Extension):** Adds an **"Export to CSV"** button directly to your activity list page on Garmin Connect, generating a spreadsheet with direct links included.

Final Code

garminconnect enforces a hard limit of 1,000 activities per single request (`MAX_ACTIVITY_LIMIT = 1000`). To download your entire history, you need to paginate the requests in chunks.

Replace your Colab code block with this updated script, which loops through your account history in batches of 1,000 until all records are retrieved:

Python

```
!pip install garminconnect pandas

import getpass
from garminconnect import Garmin
import pandas as pd

# 1. Credentials & Login
email = input("Garmin Email: ")
password = getpass.getpass("Garmin Password: ")

client = Garmin(email, password)
client.login()

# 2. Paginate in chunks of 1000
all_activities = []
start = 0
batch_size = 1000

print("Fetching activities...")
while True:
    batch = client.get_activities(start, batch_size)
    if not batch:
        break
    all_activities.extend(batch)
    start += batch_size

# 3. Extract IDs and construct URLs
data = []
for act in all_activities:
    act_id = act.get("activityId")
    data.append({
        "Activity Name": act.get("activityName"),
        "Type": act.get("activityType", {}).get("typeKey"),
        "Date": act.get("startTimeLocal"),
        "Activity ID": act_id,
        "URL": f"https://connect.garmin.com/modern/activity/{act_id}"
```

```
}))

# 4. Export to CSV
df = pd.DataFrame(data)
df.to_csv("garmin_activities.csv", index=False)
print(f"Done! Successfully exported {len(df)} activities to garmin_activities.csv")
```

The file `garmin_activities.csv` is stored in the virtual file system of your Google Colab instance.

Here is how to locate and download it to your computer:

Step-by-Step Instructions

1. Look at the **far left sidebar** of your Google Colab window.
2. Click on the **Folder Icon** () located at the bottom of the left sidebar.
3. You will see a list of files appear (e.g., `sample_data` , `garmin_activities.csv`).
4. Find `garmin_activities.csv` .
5. Hover over the file name, click the **three vertical dots (...)** that appear next to it, and select **Download**.

Alternative: Download via Code

If you prefer to trigger the browser download directly without clicking through the side menu, run this quick snippet in a new cell in your Colab notebook:

Python

```
from google.colab import files
files.download('garmin_activities.csv')
```

Once downloaded, open the CSV in Excel or Google Sheets. Your direct links and IDs will be available under the `URL` and `Activity ID` columns.

