

# TARA SIEGEL

## FINAL PROJECT PROPOSAL

### MY LIFE IN RUNS

## DESCRIPTION

I plan on extending my first project and use the Nike Plus data I've acquired from over 130 runs that were logged between May 2012 and April 2014. I plan on coding and creating a website as part of this final project. Nike Plus API's can give me calories burned, distance, date, duration, (in which I can calculate pace), and change in elevation. Through a modified steamgraph, I plan on showing a timeline of my runs and relate other factors of my life to them to show how certain external factors effected my performance and frequency of runs. I can acquired weather data in the city I was in at that time, which has min/max temperature, humidity and whether there was rain or snow fall. I plan on making this somewhat of a personal diary of the past two years, including location change and personal antidotes when you hover over a time period that explains any significant events that happened while at that location or happened during a particular run. The graph will show these weather stats along with the runs. The length of a run will determine the height of the graph and pace would set the width. I also have data for the days I went to the gym or did other forms of exercise that I will experiment with adding to the data set.

## DATA SOURCES

Nike Plus Data:

<https://secure-nikeplus.nike.com/plus/>

[https://developer.nike.com/activities/get\\_gps\\_data\\_for\\_activity\\_id](https://developer.nike.com/activities/get_gps_data_for_activity_id)

Weather Conditions Data:

<http://www.wunderground.com/weather/api/d/docs?d=data/history>

Visualizing and Plotting Resources:

<http://bl.ocks.org/mbostock/4060954>

<https://github.com/jsundram/streamgraph.js>

<http://d3js.org/>

Personally collected Excel spreadsheet of my workouts

## SIMILAR WORK

<http://flowingdata.com/2014/02/05/where-people-run/>

[http://www.nytimes.com/interactive/2008/02/23/movies/20080223\\_REVENUE\\_GRAPHIC.html?\\_r=0](http://www.nytimes.com/interactive/2008/02/23/movies/20080223_REVENUE_GRAPHIC.html?_r=0)