Health Connect cheat sheet

42 record types, their read permissions, and the 30-day history window

Google's pages read 2026-10-03
data-types page updated 2026-09-23

THE 30-DAY WINDOW

Google's HealthPermission reference, `PERMISSION_READ_HEALTH_DATA_HISTORY`:

> A permission that allows to read the entire history of health data (of any type). Without this permission: Any attempt to read a single data point, via HealthConnectClient.readRecord, older than 30 days from before the first HealthConnect permission was granted to the calling app, will result in an error. Any other read attempts will not return data points older than 30 days from before the first HealthConnect permission was granted to the calling app. This permission applies for the following api methods: HealthConnectClient.readRecord, HealthConnectClient.readRecords, HealthConnectClient.aggregate, HealthConnectClient.aggregateGroupByPeriod, HealthConnectClient.aggregateGroupByDuration and HealthConnectClient.getChanges.

`PERMISSION_READ_HEALTH_DATA_IN_BACKGROUND`:

> A permission to read data in background. An attempt to read data in background without this permission may result in an error. This feature is dependent on the version of HealthConnect installed on the device. To check if it's available call HealthConnectFeatures.getFeatureStatus and pass HealthConnectFeatures.FEATURE_READ_HEALTH_DATA_IN_BACKGROUND as an argument.

Extra read permission	Google's label
`READ_HEALTH_DATA_IN_BACKGROUND`	Read data in background
`READ_HEALTH_DATA_HISTORY`	Read historical data

Prefix every permission with `android.permission.health.`

RECORD TYPES AND READ PERMISSIONS

Record (androidx.health.connect.client.records)	Shape	Read permission
Activity		
`ActiveCaloriesBurnedRecord`	Interval	`READ_ACTIVE_CALORIES_BURNED`
`ActivityIntensityRecord` *	Interval	`READ_ACTIVITY_INTENSITY`
`CyclingPedalingCadenceRecord`	Series	`READ_EXERCISE`
`DistanceRecord`	Interval	`READ_DISTANCE`
`ElevationGainedRecord`	Interval	`READ_ELEVATION_GAINED`
`ExerciseSessionRecord`	Interval	`READ_EXERCISE`, `READ_EXERCISE_ROUTE`
`FloorsClimbedRecord`	Interval	`READ_FLOORS_CLIMBED`
`PlannedExerciseSessionRecord` *	Interval	`READ_PLANNED_EXERCISE`
`PowerRecord`	Series	`READ_POWER`
`SpeedRecord`	Series	`READ_SPEED`
`StepsCadenceRecord`	Series	`READ_STEPS`
`StepsRecord`	Interval	`READ_STEPS`
`TotalCaloriesBurnedRecord`	Interval	`READ_TOTAL_CALORIES_BURNED`
`Vo2MaxRecord`	Instantaneous	`READ_VO2_MAX`
`WheelchairPushesRecord`	Interval	`READ_WHEELCHAIR_PUSHES`
Body Measurement		
`BasalMetabolicRateRecord`	Instantaneous	`READ_BASAL_METABOLIC_RATE`
`BodyFatRecord`	Instantaneous	`READ_BODY_FAT`
`BodyWaterMassRecord`	Instantaneous	`READ_BODY_WATER_MASS`
`BoneMassRecord`	Instantaneous	`READ_BONE_MASS`
`HeightRecord`	Instantaneous	`READ_HEIGHT`
`LeanBodyMassRecord`	Instantaneous	`READ_LEAN_BODY_MASS`
`WeightRecord`	Instantaneous	`READ_WEIGHT`
Cycle Tracking		
`BasalBodyTemperatureRecord`	Instantaneous	`READ_BASAL_BODY_TEMPERATURE`
`CervicalMucusRecord`	Instantaneous	`READ_CERVICAL_MUCUS`
`IntermenstrualBleedingRecord`	Instantaneous	`READ_INTERMENSTRUAL_BLEEDING`
`MenstruationFlowRecord`	Instantaneous	`READ_MENSTRUATION`
`MenstruationPeriodRecord`	Interval	`READ_MENSTRUATION`
`OvulationTestRecord`	Instantaneous	`READ_OVULATION_TEST`
`SexualActivityRecord`	Instantaneous	`READ_SEXUAL_ACTIVITY`
Nutrition		
`HydrationRecord`	Interval	`READ_HYDRATION`
`NutritionRecord`	Interval	`READ_NUTRITION`
Sleep		
`SleepSessionRecord`	Interval	`READ_SLEEP`
Vitals		
`BloodGlucoseRecord`	Instantaneous	`READ_BLOOD_GLUCOSE`
`BloodPressureRecord`	Instantaneous	`READ_BLOOD_PRESSURE`
`BodyTemperatureRecord`	Instantaneous	`READ_BODY_TEMPERATURE`
`HeartRateRecord`	Series	`READ_HEART_RATE`
`HeartRateVariabilityRmssdRecord`	Instantaneous	`READ_HEART_RATE_VARIABILITY`
`OxygenSaturationRecord`	Instantaneous	`READ_OXYGEN_SATURATION`
`RespiratoryRateRecord`	Instantaneous	`READ_RESPIRATORY_RATE`
`RestingHeartRateRecord`	Instantaneous	`READ_RESTING_HEART_RATE`
`SkinTemperatureRecord` *	Series	`READ_SKIN_TEMPERATURE`
Wellness		
`MindfulnessSessionRecord` *	Interval	`READ_MINDFULNESS`

* Behind a feature flag: ActivityIntensityRecord (FEATURE_ACTIVITY_INTENSITY), PlannedExerciseSessionRecord (FEATURE_PLANNED_EXERCISE), SkinTemperatureRecord (FEATURE_SKIN_TEMPERATURE), MindfulnessSessionRecord (FEATURE_MINDFULNESS_SESSION). Check HealthConnectFeatures.getFeatureStatus first.

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