Flow REST API introduction

The Flow REST API is a REST and JSON web service for extracting raw data from Flow. Any of the metrics that you can obtain from a Flow report are accessible or easily calculated from the API. To learn more about the specific metrics that are available on Flow, visit the Flow metrics section of the Help Center.

Who can use this?

| Core | Plus |

Overview

There are many ways to use the API. Here are some examples:

- Export Flow data to a reporting and analysis tool such as Microsoft Excel to perform custom reporting, data manipulation, and your own analysis.

- Integrate Flow data with another application to create custom dashboards. A SaaS service such as Domo (external site, opens in new tab) can help you create data-rich dashboards that enhance Flow metrics that interest your team.

- Extend Flow functionality to create features that are beneficial for your team’s specific needs. An integration tool such as Zapier (external site, opens in new tab) can help you quickly integrate Flow data with just about any application your software team uses.

- Bulk import your teams into Flow using a CSV.

Using the interactive documentation

Flow provides Interactive API documentation (opens in new tab) where you can access Flow API endpoints, learn about the Flow API objects and create requests from your repository.

Here are the basic steps for using the interactive documentation:

1. In the top navigation bar and click Settings.

2. In the left navigation under Integrations, click API keys.

3. You should now see the User API Keys panel. Click the link for the interactive documentation, shown in the image below:
4. The Flow Customer API and its list of objects are displayed, as shown in the following image:

Customer API

5. You will see two GET request URLs. The first one allows us to obtain all author records. The second URL allows us to get results for a specific user id. We’re going to pretend that we are not very familiar with our USERS and don’t yet know a specific user id. We’ll use the first operation. Select the first GET operation to expand its panel.
In the real world, most engineering teams would have a significant number of users. In the consideration of system performance, you should try and restrict your request to the most specific data you need. As an exercise, we'll filter our requests to only show three user records. To do this, enter 3 in the limit field, which happens to be the first parameter in the list (for every object).

Now that you've set up your request, click the **Try it out!** button located at the bottom of the panel to submit the request. The response panel is displayed, as shown in the following image:

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7. Now that you've set up your request, click the **Try it out!** button located at the bottom of the panel to submit the request. The response panel is displayed, as shown in the following image:
If you need help, please email support@pluralsight.com for 24/7 assistance.