

# AI Wellness Report

Name: Shruti Singh

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Average Happiness: 3.2

Average Stress: 7.8

## AI Insights

Here's your personalized wellness check:

- Hello there
- I'm here to offer you a gentle summary of your recent well-being
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- \* It looks like your heart rate and temperature data weren't measured recently, and that's absolutely fine
- We're focusing on your emotional well-being here
- \* Over this brief period, your happiness levels have shown some gentle variations, starting a little high