

AI Wellness Report

Name: Shruti Singh

Generated On: 21/9/2025, 2:16:28 pm

Average Heart Rate: 62.8 bpm

Average Temperature: 36.5 °C

AI Insights

Here's your personalized wellness check:

- Hello there
- Your recent sensor data shows you're doing great
- Here's a quick and comforting summary:

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Average Heart Rate:

Your average heart rate is a healthy 62.8 bpm, indicating a relaxed state

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Average Temperature:

Your average temperature of 36.5 °C is perfectly normal

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Happiness:

Your happiness levels are generally high, fluctuating slightly but staying mostly positive