

# AI Wellness Report

Name: Shruti Singh

Generated On: 21/10/2025, 5:15:10 pm

Average Happiness: 3.0

Average Stress: 7.8

## AI Insights

Here's your personalized wellness check:

- Hello there
- It's lovely to connect with you
- Here's a little summary of your recent well-being data, designed to offer some comfort and insight
- \* Your average heart rate was not measured in these records
- \* p Your average temperature was also not measured