

# AI Wellness Report

Name: Shruti Singh

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Average Happiness: 3.3

Average Stress: 8.2

## AI Insights

Here's your personalized wellness check:

- Hello there
- Taking a moment to check in with yourself is a wonderful step
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Here's a gentle summary of your recent well-being:

- \* Your average heart rate and temperature are not currently measured
- \* Recent readings indicate your happiness levels have been a little lower
- It's completely understandable to have moments like these