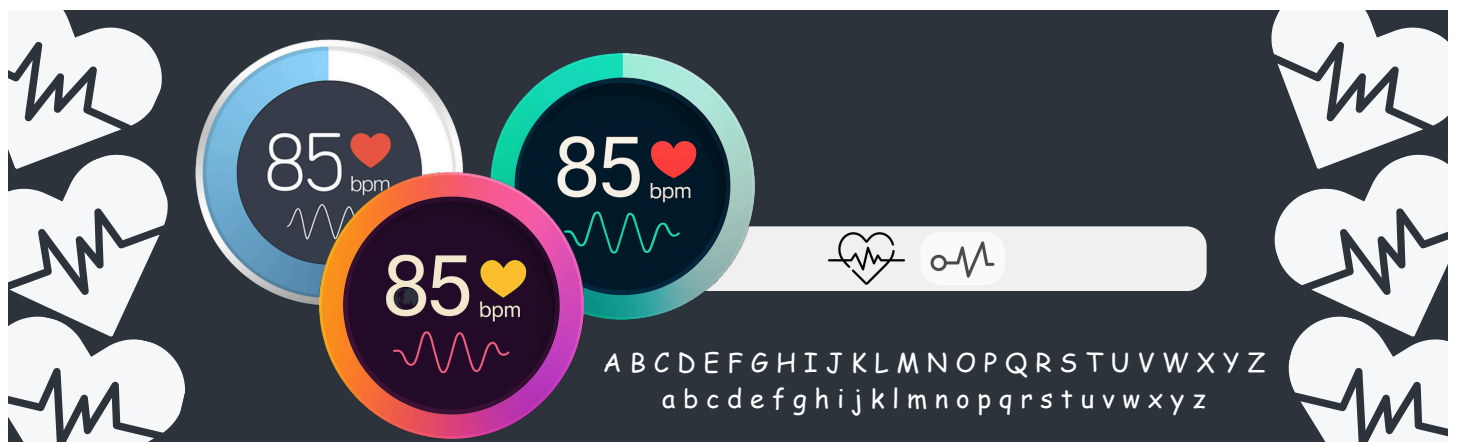
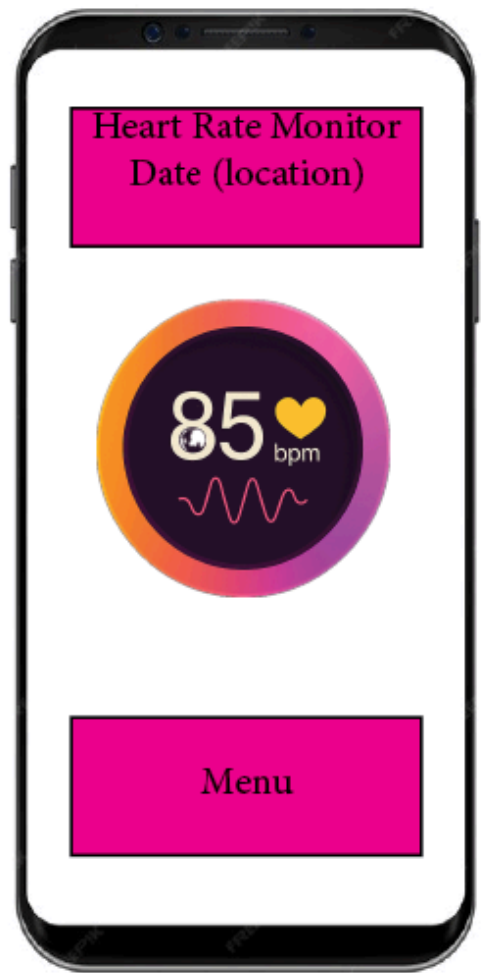
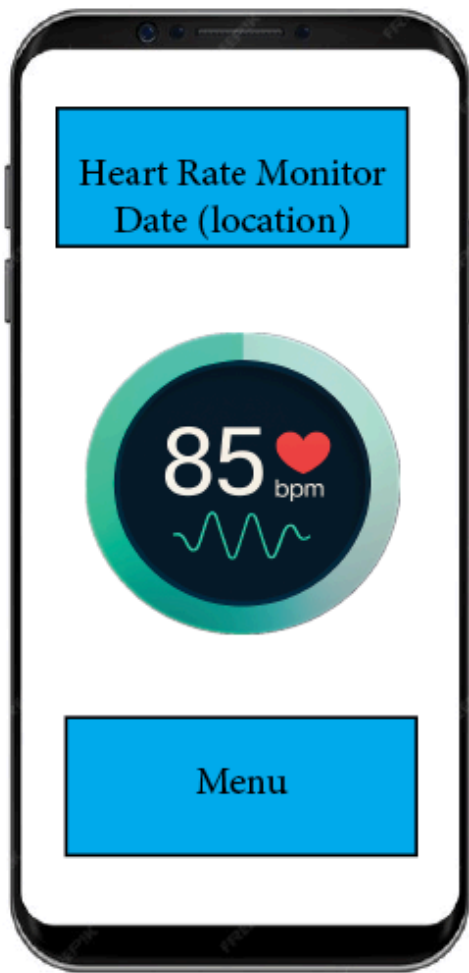


# Heartbeat App

**Heartbeat App** is a digital heart rate tracking tool designed to monitor your heart rate during exercise or other daily activities. Available on both smartphones and smartwatches, the app helps track your stress and activity levels throughout the day.

**Heartbeat** is suitable for teenagers, adults, and older adults, providing an easy way for everyone to track their heart rate. Whether you're a young athlete, a busy professional, or a senior monitoring health, the app promotes health awareness and encourages more active, mindful living. It offers a convenient and accessible way to stay on top of your well-being.





HomeScreen

HeartBeat Icons	Menu Icons
