

## History Screen

- The History Screen is where your saved sessions are accessible.
- The History Screen (Charts) shows a listing of your saved stress sessions results in a graph format. Average Stats of sessions, HRV For Training Over Time (by scrolling to the right), Power Frequencies Over Time, Heart Rate Recovery Over Time
- The History Screen (Sessions) shows a listing of your saved stress sessions, with icons indicating the status of upload (the arrow).
- By selecting a saved session, the Session Summary screen will appear. From there you may upload the session or send your RR intervals in a CSV file to your E-mail address.
- The History Screen (Food) allows you to view your Food Sensitivity Tests by dates. Simply click on a date and that date's FST data is available.