

General Screen

Heart Rate Monitors

This is where you choose your Heart Rate Monitor. If you try to start a session without choosing one, you will be asked automatically.

Application Settings

- HRV For Training
 - Allows you to set a time to be reminded to perform your daily HRV For Training session.
 - Allows you to turn OFF/ON the Daily Reminder.
 - Allows End of Session Alert to be turned OFF/ON.

- **Baseline**

- The Baseline screen displays your last baseline results:
 - Date Created.
 - Time Created.
 - Average Heart Rate
 - Average HRV
- You may also record a new baseline by pressing “Record New Baseline”.

Account Settings

- **Login**

- From the login screen you may “Create Account”, or “Sign In”.
- After signing in you may “Go to MySweetBeat” which will take you to our website, “Sign Out”, or log in to your Achievement account with “Achievement login”.

Support

- **Quick Start Guide (Stress Monitor)**

- This screen gives a short overview of the SweetBeatLife Stress Application.
- Quick Start Guide (Food Sensitivity)
 - This screen gives a short overview of the SweetBeatLife Food Sensitivity Application.
- FAQ (Stress Monitor)
 - This screen provides answer to Frequently Asked Questions about the SweetBeatLife Stress Application.
- FAQ (Food Sensitivity)
 - This screen provides answer to Frequently Asked Questions about the SweetBeatLife Food Sensitivity Application.
- Help
 - This screen gives you information about the SweetBeatLife Applications and provides troubleshooting tips.

About

- Version
 - This shows the software version of the SweetBeat Life Application.
- Legal
 - This shows the Terms of Use and Privacy Policy of the SweetBeat Life mobile and web application.
- End of Session Stats
 - Sensitivity: This shows the Sensitivity factor generated by your sessions and/or your baseline session. This provides custom sensitivity levels based on your unique physiology. Note the default value is 0.6 and will change automatically to reflect your custom value.
 - Baseline Average HR: This shows your average heart rate from your last baseline session.
 - HRV Minimum: This shows the lowest HRV level you have recorded in all of your saved sessions.
 - HRV Maximum: This shows the highest HRV level you have recorded in all of your saved sessions

- Reset Stats

- Reset Sensitivity: This will reset your sensitivity factor to a default value of 0.6.
- Reset Baseline Average HR: This will reset your baseline heart rate.
- Reset HRV Minimum: This will reset your lowest recorded HRV level to the default of 50.
- Reset HRV Maximum: This will reset your highest recorded HRV level to the default of 70.
- Delete Auto-Save Files: This will delete any sessions that were automatically saved.