

# 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), Facebook post (small f), and Twitter tweets. If these icons are darkened, you have already uploaded or posted these sessions. If they are not darkened, they have not yet been uploaded or posted.
- By selecting a saved session, the Session Summary screen will appear. From there you may upload the session to MySweetBeat, post to Facebook or Tweet your session on Twitter. You may also 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.