

# What is MySweetBeat?

- MySweetBeat is your secure, personal login site where you can access your SweetBeatLife session data as well as the SweetWater Health community.
  - The online tools allow you to track your SweetBeat Life sessions and data.
  - Download session data to plug into other HRV tracking software
  - The SweetWater Health Partners give you a wide variety of tools and education to improve your SweetBeatLife sessions over time.
  - Coming Soon! The SweetYou section provides:  
(will we have this by then?)
    - An HRV chart for athletes to plan rest and recovery workouts.
    - A Heart Rate Recovery chart to track your fitness levels.

- SweetBeatLife vital signs charts by activity, day of week and time of day.