



**Measurable Resilience**  
 Phased Step Approach  
 RF Determination  
 Customizable

Client Name: Great Example  
 Date: 6/26/2025  
 Position: Seated

Step Differences: 0.3

Source: EliteHRV Data Analysis

| Pace        | In/Out | BPM | RMSSD | SDNN   | SDNN/RMSSD | LF       | HF      | LF/HF |
|-------------|--------|-----|-------|--------|------------|----------|---------|-------|
| -0.6        | 5.3    | 5.7 | 67.81 | 123.26 | 1.82       | 13052.36 | 1079.29 | 12.09 |
| -0.3        | 5.6    | 5.4 | 61.61 | 120.01 | 1.95       | 11737.06 | 629.48  | 18.65 |
| Est or Last | 5.9    | 5.1 | 68.25 | 132.99 | 1.95       | 15449.44 | 1035.94 | 14.91 |
| 0.3         | 6.2    | 4.8 | 67.79 | 137.74 | 2.03       | 14217.65 | 1320.33 | 10.77 |
| 0.6         | 6.5    | 4.6 | 65.77 | 138.87 | 2.11       | 16209.22 | 949.56  | 17.07 |

You generally have a beautiful sine wave pattern if.....

- SDNN/RMSSD is greater than 1.5
- LF/HF is greater than 10

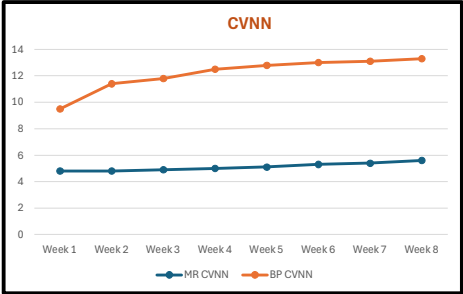
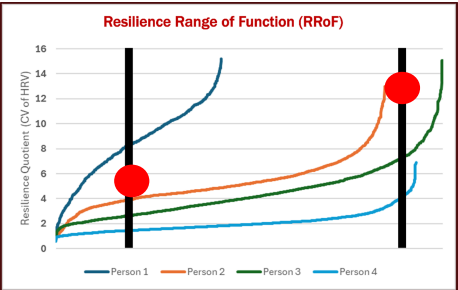
If both are true, the step with the highest LF power wins.

If both aren't true for all steps, more consistent practice is needed to build stamina and consistency. Repeat this "phase" until all five steps meet the two criteria.

Note: If the last step is the highest, add steps until the LF power drops.

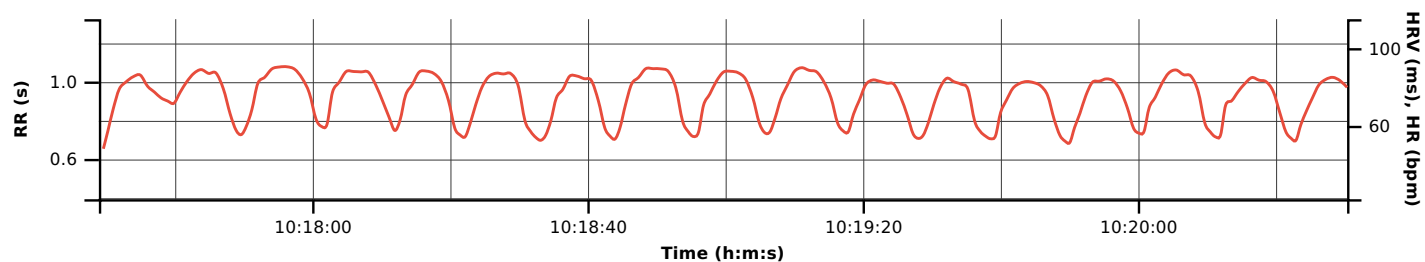
|                           |       |
|---------------------------|-------|
| Morning Readiness Mean RR | 857   |
| Morning Readiness SDNN    | 41.02 |
| Morning Readiness CVNN    | 4.8   |
| Best Practice Mean RR     | 900   |
| Best Practice SDNN        | 119.9 |
| Best Practice CVNN        | 13.3  |

| WEEK   | MR CVNN | BP CVNN |
|--------|---------|---------|
| Week 1 | 4.8     | 9.5     |
| Week 2 | 4.8     | 11.4    |
| Week 3 | 4.9     | 11.8    |
| Week 4 | 5       | 12.5    |
| Week 5 | 5.1     | 12.8    |
| Week 6 | 5.3     | 13      |
| Week 7 | 5.4     | 13.1    |
| Week 8 | 5.6     | 13.3    |



June 26, 2025 - 10:17 AM - 00:02:58 duration

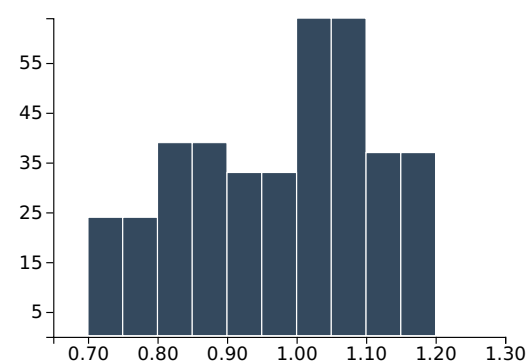
## RR Interval Time Series



## Time-Domain Results

| Variable  | Units | Value  |
|-----------|-------|--------|
| HRV Score | 1-100 | 65     |
| Mean RR   | ms    | 904    |
| RMSSD     | ms    | 67.81  |
| ln(RMSSD) | ms    | 4.22   |
| SDNN      | ms    | 123.26 |
| NN50      | count | 93     |
| PNN50     | %     | 47     |
| Mean HR*  | 1/min | 66     |
| Min HR*   | 1/min | 56     |
| Max HR*   | 1/min | 94     |

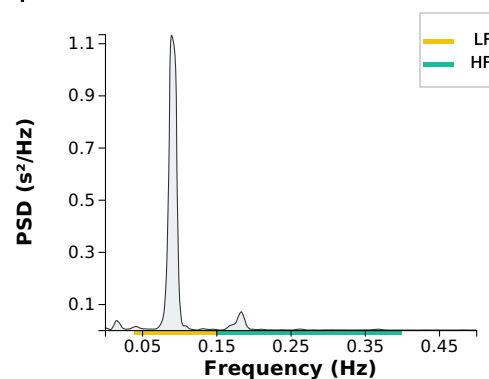
## RR Intervals Distribution



## Frequency-Domain Results

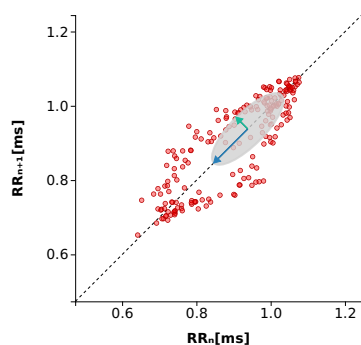
| Frequency Band       | Peak (Hz) | Power (ms <sup>2</sup> ) | Power (%) |
|----------------------|-----------|--------------------------|-----------|
| Total Power          |           | 14,131.65                |           |
| LF* (0.04 - 0.15 Hz) | 0.090     | 13,052.36                | 92        |
| HF* (0.15 - 0.4 Hz)  | 0.184     | 1,079.29                 | 8         |
| LF/HF ratio*         |           | 12.09                    |           |

## FFT Spectrum



\* The measurement duration needs to be longer than 2 minutes for LF and LF/HF to be valid and no longer than 5 minutes for VLF to be valid.

## Non-linear Results



## Poincare plot

## Standard Deviation

|     |          |
|-----|----------|
| SD1 | 48 [ms]  |
| SD2 | 168 [ms] |

SD2/SD1 Ratio: 3.500

## Other Measurement Information

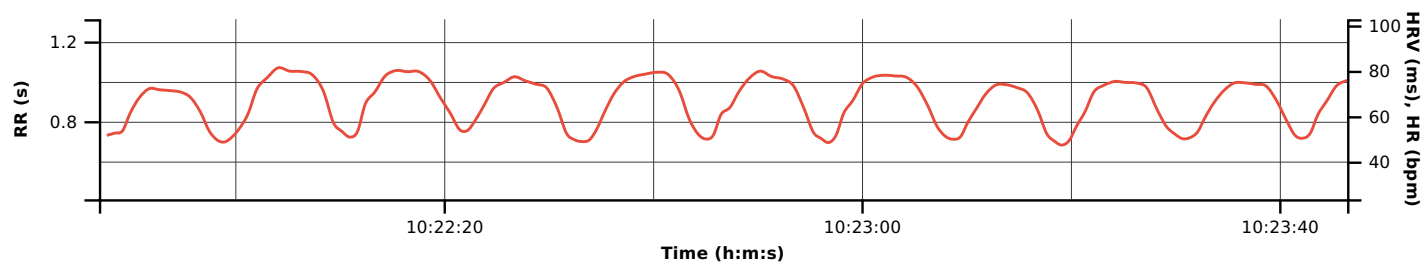
|          |                  |
|----------|------------------|
| Duration | 00:02:58 (h:m:s) |
| Position | Sitting          |

## Subjective Data (Input at time of measurement)

|                    |      |
|--------------------|------|
| Mood               | None |
| Sleep Duration     | -    |
| Sleep Quality      | -    |
| Exercise Duration  | -    |
| Exercise Intensity | -    |

June 26, 2025 - 10:21 AM - 00:01:57 duration

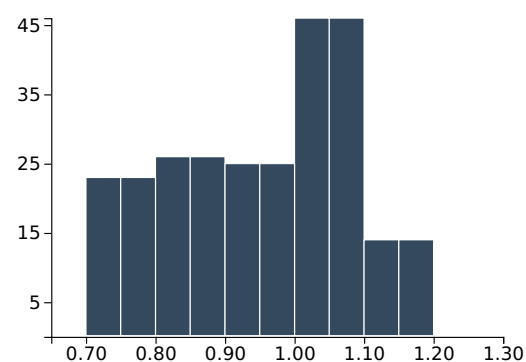
## RR Interval Time Series



## Time-Domain Results

| Variable  | Units | Value |
|-----------|-------|-------|
| HRV Score | 1-100 | 63    |
| Mean RR   | ms    | 878   |
| RMSSD     | ms    | 61.61 |
| ln(RMSSD) | ms    | 4.12  |
| SDNN      | ms    | 120   |
| NN50      | count | 57    |
| PNN50     | %     | 43    |
| Mean HR*  | 1/min | 68    |
| Min HR*   | 1/min | 56    |
| Max HR*   | 1/min | 88    |

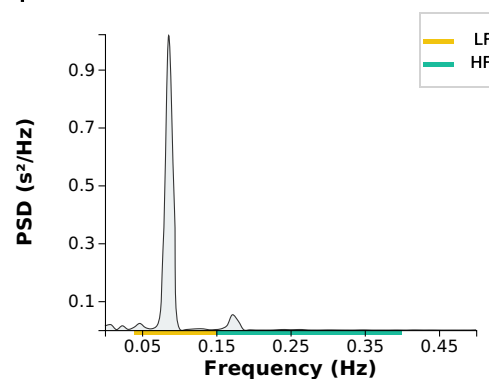
## RR Intervals Distribution



## Frequency-Domain Results

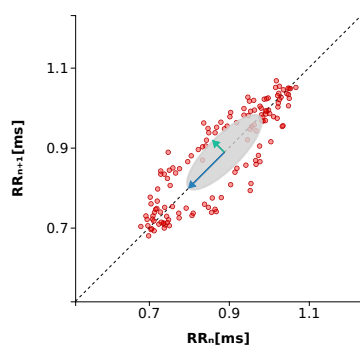
| Frequency Band       | Peak (Hz) | Power (ms <sup>2</sup> ) | Power (%) |
|----------------------|-----------|--------------------------|-----------|
| Total Power          |           | 12,366.54                |           |
| LF* (0.04 - 0.15 Hz) | 0.086     | 11,737.06                | 95        |
| HF* (0.15 - 0.4 Hz)  | 0.172     | 629.48                   | 5         |
| LF/HF ratio*         |           | 18.65                    |           |

## FFT Spectrum



\* The measurement duration needs to be longer than 2 minutes for LF and LF/HF to be valid and no longer than 5 minutes for VLF to be valid.

## Non-linear Results



## Poincare plot

## Standard Deviation

|     |          |
|-----|----------|
| SD1 | 44 [ms]  |
| SD2 | 164 [ms] |

SD2/SD1 Ratio: 3.727

## Other Measurement Information

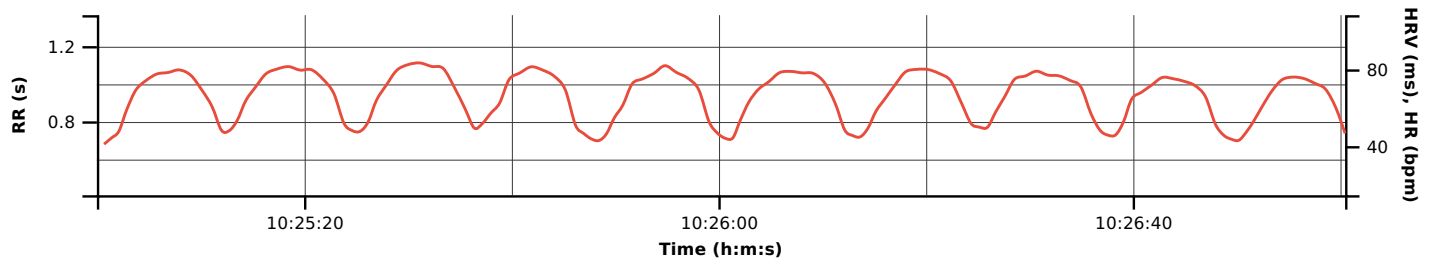
|          |                  |
|----------|------------------|
| Duration | 00:01:57 (h:m:s) |
| Position | Sitting          |

## Subjective Data (Input at time of measurement)

|                    |      |
|--------------------|------|
| Mood               | None |
| Sleep Duration     | -    |
| Sleep Quality      | -    |
| Exercise Duration  | -    |
| Exercise Intensity | -    |

June 26, 2025 - 10:25 AM - 00:01:58 duration

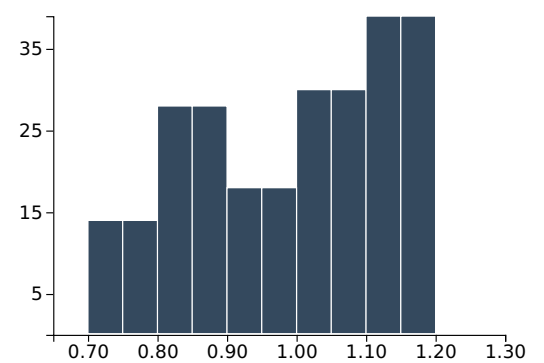
## RR Interval Time Series



## Time-Domain Results

| Variable  | Units | Value  |
|-----------|-------|--------|
| HRV Score | 1-100 | 65     |
| Mean RR   | ms    | 918    |
| RMSSD     | ms    | 68.25  |
| ln(RMSSD) | ms    | 4.22   |
| SDNN      | ms    | 132.99 |
| NN50      | count | 56     |
| PNN50     | %     | 44     |
| Mean HR*  | 1/min | 65     |
| Min HR*   | 1/min | 54     |
| Max HR*   | 1/min | 88     |

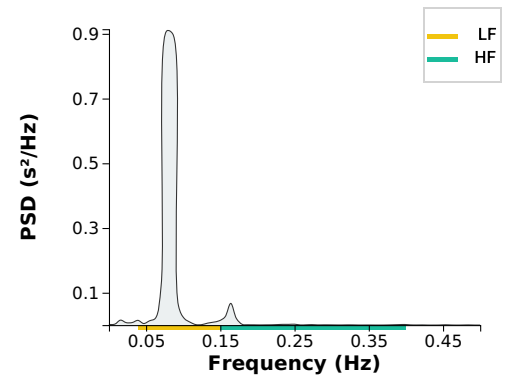
## RR Intervals Distribution



## Frequency-Domain Results

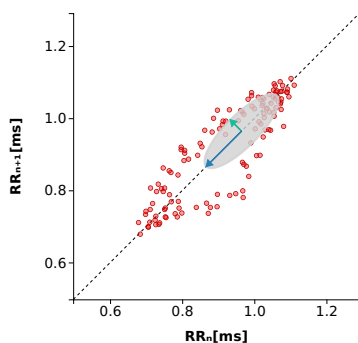
| Frequency Band       | Peak (Hz) | Power (ms <sup>2</sup> ) | Power (%) |
|----------------------|-----------|--------------------------|-----------|
| Total Power          |           | 16,485.38                |           |
| LF* (0.04 - 0.15 Hz) | 0.078     | 15,449.44                | 94        |
| HF* (0.15 - 0.4 Hz)  | 0.164     | 1,035.94                 | 6         |
| LF/HF ratio*         |           | 14.91                    |           |

## FFT Spectrum



\* The measurement duration needs to be longer than 2 minutes for LF and LF/HF to be valid and no longer than 5 minutes for VLF to be valid.

## Non-linear Results



## Poincare plot

## Standard Deviation

|     |          |
|-----|----------|
| SD1 | 48 [ms]  |
| SD2 | 181 [ms] |

SD2/SD1 Ratio: 3.771

## Other Measurement Information

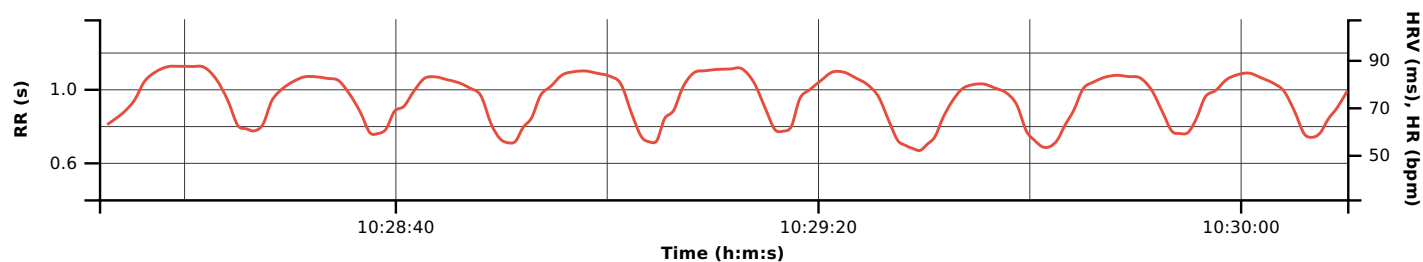
|          |                  |
|----------|------------------|
| Duration | 00:01:58 (h:m:s) |
| Position | Sitting          |

## Subjective Data (Input at time of measurement)

|                    |      |
|--------------------|------|
| Mood               | None |
| Sleep Duration     | -    |
| Sleep Quality      | -    |
| Exercise Duration  | -    |
| Exercise Intensity | -    |

June 26, 2025 - 10:28 AM - 00:01:56 duration

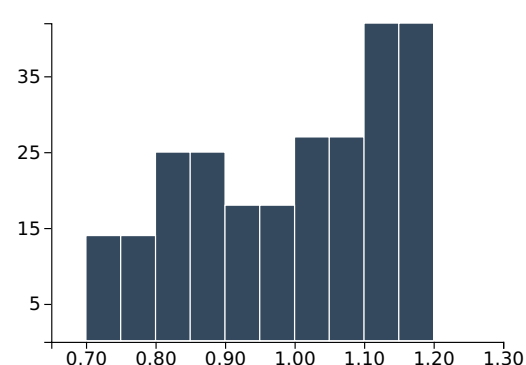
## RR Interval Time Series



## Time-Domain Results

| Variable  | Units | Value  |
|-----------|-------|--------|
| HRV Score | 1-100 | 65     |
| Mean RR   | ms    | 923    |
| RMSSD     | ms    | 67.79  |
| ln(RMSSD) | ms    | 4.22   |
| SDNN      | ms    | 137.74 |
| NN50      | count | 52     |
| PNN50     | %     | 42     |
| Mean HR*  | 1/min | 65     |
| Min HR*   | 1/min | 54     |
| Max HR*   | 1/min | 90     |

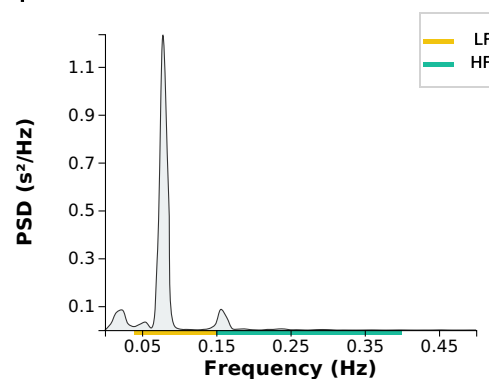
## RR Intervals Distribution



## Frequency-Domain Results

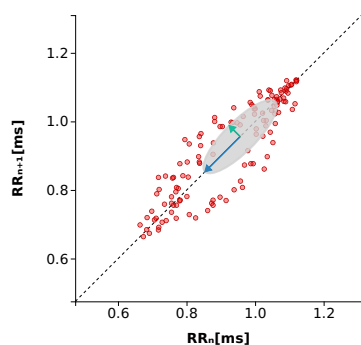
| Frequency Band      | Peak (Hz) | Power (ms <sup>2</sup> ) | Power (%) |
|---------------------|-----------|--------------------------|-----------|
| Total Power         |           | 15,537.98                |           |
| LF* (0.04 -0.15 Hz) | 0.078     | 14,217.65                | 92        |
| HF* (0.15 -0.4 Hz)  | 0.156     | 1,320.33                 | 8         |
| LF/HF ratio*        |           | 10.77                    |           |

## FFT Spectrum



\* The measurement duration needs to be longer than 2 minutes for LF and LF/HF to be valid and no longer than 5 minutes for VLF to be valid.

## Non-linear Results



## Poincare plot

## Standard Deviation

|     |          |
|-----|----------|
| SD1 | 48 [ms]  |
| SD2 | 189 [ms] |

SD2/SD1 Ratio: 3.938

## Other Measurement Information

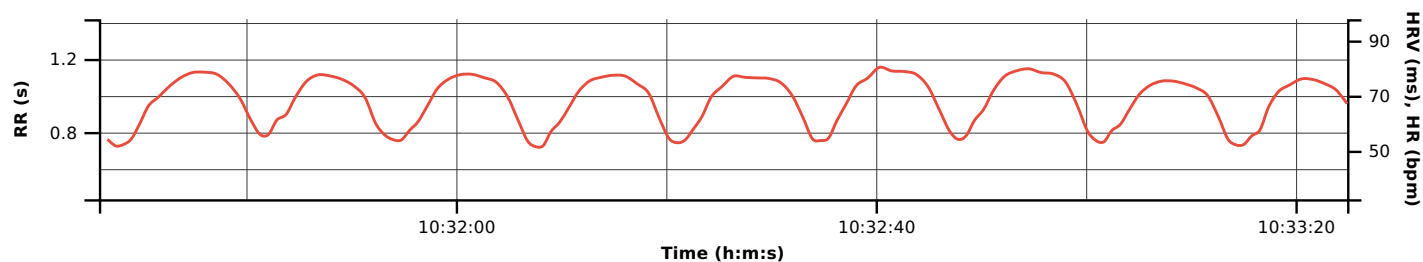
|          |                  |
|----------|------------------|
| Duration | 00:01:56 (h:m:s) |
| Position | Sitting          |

## Subjective Data (Input at time of measurement)

|                    |      |
|--------------------|------|
| Mood               | None |
| Sleep Duration     | -    |
| Sleep Quality      | -    |
| Exercise Duration  | -    |
| Exercise Intensity | -    |

June 26, 2025 - 10:31 AM - 00:01:57 duration

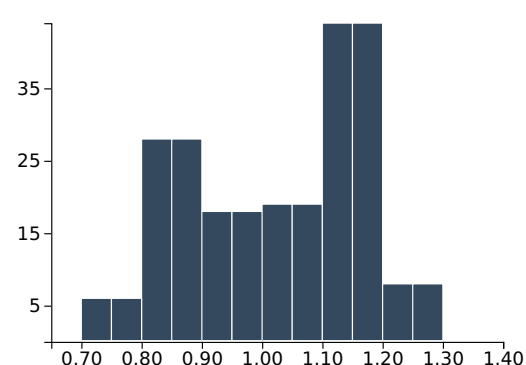
## RR Interval Time Series



## Time-Domain Results

| Variable  | Units | Value  |
|-----------|-------|--------|
| HRV Score | 1-100 | 64     |
| Mean RR   | ms    | 952    |
| RMSSD     | ms    | 65.77  |
| ln(RMSSD) | ms    | 4.19   |
| SDNN      | ms    | 138.87 |
| NN50      | count | 58     |
| PNN50     | %     | 48     |
| Mean HR*  | 1/min | 63     |
| Min HR*   | 1/min | 52     |
| Max HR*   | 1/min | 83     |

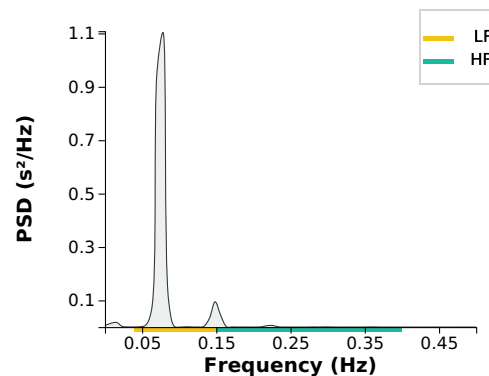
## RR Intervals Distribution



## Frequency-Domain Results

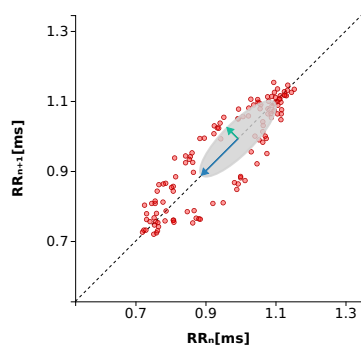
| Frequency Band       | Peak (Hz) | Power (ms <sup>2</sup> ) | Power (%) |
|----------------------|-----------|--------------------------|-----------|
| Total Power          |           | 17,158.77                |           |
| LF* (0.04 - 0.15 Hz) | 0.078     | 16,209.22                | 94        |
| HF* (0.15 - 0.4 Hz)  | 0.156     | 949.56                   | 6         |
| LF/HF ratio*         |           | 17.07                    |           |

## FFT Spectrum



\* The measurement duration needs to be longer than 2 minutes for LF and LF/HF to be valid and no longer than 5 minutes for VLF to be valid.

## Non-linear Results



## Poincare plot

## Standard Deviation

|     |          |
|-----|----------|
| SD1 | 47 [ms]  |
| SD2 | 192 [ms] |

SD2/SD1 Ratio: 4.085

## Other Measurement Information

|          |                  |
|----------|------------------|
| Duration | 00:01:57 (h:m:s) |
| Position | Sitting          |

## Subjective Data (Input at time of measurement)

|                    |      |
|--------------------|------|
| Mood               | None |
| Sleep Duration     | -    |
| Sleep Quality      | -    |
| Exercise Duration  | -    |
| Exercise Intensity | -    |