

# HRV Observations

Name: \_\_\_\_\_



## Baseline

Date: \_\_\_\_\_

### Resting State HRV Assessment

Recording length \_\_\_\_\_

HF power \_\_\_\_\_

Heart Rate \_\_\_\_\_

LF power \_\_\_\_\_

Normalized Coherence \_\_\_\_\_

VLF Power \_\_\_\_\_

### 1-Minute Deep Breathing Assessment

Mean Heart Rate range (MHRR) \_\_\_\_\_

Normalized Coherence \_\_\_\_\_

Observations:

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## Follow-up Observations

Date: \_\_\_\_\_

### Resting State HRV Assessment

Recording length \_\_\_\_\_

HF power \_\_\_\_\_

Heart Rate \_\_\_\_\_

LF power \_\_\_\_\_

Normalized Coherence \_\_\_\_\_

VLF Power \_\_\_\_\_

### 1-Minute Deep Breathing Assessment

Mean Heart Rate range (MHRR) \_\_\_\_\_

Normalized Coherence \_\_\_\_\_

Observations:

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