



Vortex Health360°

SCRIPT SESSION REPORT

20/03/2026 11:39:31 AM

Client : , Jacqui, ID Number: 144
 Session Description : HRV Test sample

Session Date : 3/20/2026
 Session Time : 11:37:58 AM
 Session Duration : 00:07:56.2500
 Session Training Code :

Session Notes:

Event Time	Event Label	Event Type
00:00:00.0000	Standing baseline. Step: Standing: Blood pressure reading	Activity
00:00:51.6250	Standing baseline	Step
00:02:51.6250	Sitting baseline. Step: Sitting	Activity
00:04:51.6250	Paced breathing. Step: Paced breathing baseline	Activity
00:06:51.6250	Paced breathing: Blood pressure reading	Step

Activity	Step	Statistic Description	Value
Activity 1: Standing baseline	Step 2: Standing: Blood pressure reading	Blood Pressure: Systolic	0.00
		Blood Pressure: Diastolic	0.00
	Step 3: Standing baseline	B: Heart rate mean (beats/min)	89.59
		B: HRV peak freq. mean (Hz)	0.07
		B: IBI std dev (SDRR)	72.94
		B: VLF % power mean	36.83
		B: LF % power mean	21.02
		B: HF % power mean	42.15
		B: HRV LF/HF (means)	0.18
		C: Respiration rate mean (br/min)	15.25
		B&C: HR max-min mean (br/min)	6.62
B: Pulse Count	179.00		
B: IBI Mean	673.68		
Activity 2: Sitting baseline	Step 2: Sitting	B: Heart rate mean (beats/min)	85.36
		B: HRV peak freq. mean (Hz)	0.02
		B: IBI std dev (SDRR)	56.68
		B: VLF % power mean	72.04
		B: LF % power mean	18.46
		B: HF % power mean	9.50
		B: HRV LF/HF (means)	1.98
		C: Respiration rate mean (br/min)	15.92
		B&C: HR max-min mean (br/min)	3.76
		B: Pulse Count	171.00
B: IBI Mean	705.83		
Activity 3: Paced breathing	Step 2: Paced breathing baseline	B: Heart rate mean (beats/min)	86.77
		B: HRV peak freq. mean (Hz)	0.10
		B: IBI std dev (SDRR)	30.31
		B: VLF % power mean	14.26
		B: LF % power mean	81.02
		B: HF % power mean	4.72
		B: HRV LF/HF (means)	18.94
C: Respiration rate mean (br/min)	7.33		

	B&C: HR max-min mean (br/min)	8.69
	B: Pulse Count	173.00
	B: IBI Mean	692.83
Step 3: Paced breathing: Blood pressure reading	Blood Pressure: Systolic	0.00
	Blood Pressure: Diastolic	0.00

Channels belonging to Y1: B: Heart rate (beats/min) Channels belonging to Y2: C: Respiration

