406 Assignment 1
HR and HRV

1. Gather, Record & Print data and screen captures of HR, HRV time and spectral data along with ETCO₂ & if possible SpO₂ ON YOURSELF and at LEAST ONE OTHER

2. Construct as much as you can on the 2 page handout of Your Personal HRV & Breathing PROFILE. Do this for yourself and another. Have as many graphs in support as possible. You may also make use of portable instruments to gather data. We will use this next session to help you identify appropriate goals and methods for making a positive difference.