

RR Interval File Explanation

What Is It?

Many of you want to do further HRV analysis using popular application such as Kubios. In order to support this, SweetBeat Life provides the capability of emailing your session RR intervals in a CSV format.

In order to email your RR interval CSV file, simply select "Share" from your session summary, then select the "Email" option.

What is in the CSV File?

In order to comply with internationally accepted HRV measurement standards, SweetBeat Life performs a filter of the RR intervals before they are applied to the HRV calculation. The result is that the RR intervals are labeled:

- Label "N" = Normal RR interval, used for HRV Calculation
- Label "O", "I", "X", "Q" = RR interval that falls outside the filter criteria and is not used for HRV calculation

In general only advanced users are interested in their RR intervals and for this reason, SweetBeat Life provides all the RRs, not just the normal ones used for HRV calculation. This gives our customers the choice to see Ectopic and noisy RRs as well as the "Normal" RRs.

What do I do with the CSV?

Many people will only want to analyze the normal RR intervals. Below is one way to remove the unwanted O, I, X, Q labeled intervals while still maintaining the original order of the RRs (which is mandatory for analysis).

Below are some illustrations which should make the process easier to follow. Just follow along in the order of this explanation.

- 1. The first figure shows an example of a CSV file as it is emailed from SweetBeat Life
- 2. Remove the top row
- 3. Select the data exactly, meaning do not select the entire column. Drag the selection the entire length of the data as shown here.

X		3						
F	ile Ho	me Insert						
		Cal						
Paste Segment Deleter B								
	Cliphoard							
	Cipboard	1 19						
B54 ▼ (*)								
	А	В						
1	value	label						
2	0.932	Q						
3	0.844	Q						
4	0.828	Q						
5	0.807	Q						
6	0.785	Q						
7	0.764	Q						
8	0.819	Q						
9	0.803	Q						
10	0.93	Q						
11	0.968	Q						
12	0.929	Q						
13	0.961	Q						
14	0.939	Q						
15	0.878	Q						
16	0.898	Q						
17	0.874	Q						
18	0.914	Q						
19	0.866	Q						
20	0.906	Q						
21	0.929	Q						
22	0.906	N						
23	0.866	N						
24	0.929	N						
25	0.897	N						
26	0.843	N						
27	0.898	N						
28	0.89	N						
29	0.834	N						
30	0.875	N						
31	0.897	N						
32	0.865	N						
33	0.939	N						
34	0.929	N						
Dec.	SW	eetBeat Sessi						
Rea	auy							

			3	=	
	F	ile Ho	me	Ins	ert
		F K Cut	ł	<u> </u>	
		Con	v Ŧ		
	Pas	ste 🔏 Forr	, nat I	Dainter	
		Cliphoard		rainter G	
	-	Cipboure A 1			
		AI			•
					_
		A	_	В	_
	1	0.932	Q		-
	2	0.844	Q		
	3	0.828	Q		-
	4	0.807	Q		-
	5	0.785	Q		+
	0	0.764	Q O		+
	0	0.819	Q O		+
	9	0.003	Q 0		+
	10	0.55	Q O		-
	11	0.508	Q O		
	12	0.925	Q O		
	13	0.901	۹ ۵		
	14	0.878	۹ ۵		
	15	0.898	0		
	16	0.874	Q		
	17	0.914	Q		
	18	0.866	Q		
	19	0.906	Q		
	20	0.929	Q		
	21	0.906	N		
	22	0.866	N		
	23	0.929	N		
	24	0.897	N		
	25	0.843	N		
	26	0.898	N		
	27	0.89	N		
	28	0.834	Ν		
	29	0.875	Ν		
	30	0.897	Ν		
	31	0.865	Ν		
	32	0.939	Ν		_
	33	0.929	Ν		
	34	0.889	N	Roat	Ser
	Rea	idv J	cel	Dedu	J <u></u> <u></u> <u></u> <u></u> <u></u>
11					

				Ŧ	
F	ile	Ho	me	Inse	ert
	1 8	Cut			Ca
Pac	= _[]	Cop	y -		
- Tas		🗸 Forr	nat P	ainter	в
	Clip	board	1	Fa	
		A 1			- (
	A	4		В	
260	1	L.086	Ν		
261	1	L.094	N		
262	().985	N		
263	1	L.039	N		
264	1	L.062	N		
265	1	L.022	N		
266		0.94	N		
267	-	1.001	N		
208		1.008	IN N		
205	-	1 946	N		
270	1	1 047	N		
272		1.074	0		
273	1	1.024	õ		
274	0).954	Q		
275	().955	Q		
276	1	L.007	Q		
277	().985	Q		
278	0	0.906	Q		
279	(0.961	Q		
280	().921	Q		
281	().899	Q		
282	().968	Q		
283	1	L.002	Q		
284	(J.976	Q		
285	(0.922	Q		
280	(1.906	Q		
267		1 994	0		
200).914	0		
290	0),969	õ		
291	().975	Q		
292					Í
293					
14 4	H	Sw	reet	Beat S	essi
Rea	dy				

© 2011 SweetWater Health LLC. All Rights Reserved.

- 4. With the data highlighted, select the Sort & Filter feature in Excel
- 5. Select Filter
- 6. Notice the arrows next to the data in the first row





File Home Insert File Home Insert Clipboard Format Painter Clipboard	ali
A B 1 0.9 ♥ Q 2 0.844 Q	ali »
A1 Clipboard S A1 Clipboard C A A B A B A Clipboard C C Clipboard C C Clipboard C C Clipboard C C C Clipboard C C C C C C C C C C C C C C C C C C C	ali »
Paste Format Painter Clipboard S A1 • (A B 1 0.9 • Q 2 0.844 Q	
Clipboard A1 • (A1	•
A1 • (A1 • (A B 1 0.9 • Q • (2 0.844 Q	
AI 0.9 Q 2 0.844 Q	
A B 1 0.9 ▼ Q ▼ 2 0.844 Q ▲	
1 0.9 Q Z 2 0.844 Q	_
2 0.844 Q	
3 0.828 Q	
4 0.807 Q	
5 0.785 Q	
6 0.764 Q	
7 0.819 Q	
8 0.803 Q	
9 0.93 Q	
10 0.968 Q	
11 0.929 Q	
12 0.961 Q	
13 0.939 Q	
14 0.878 Q	
15 0.898 Q	
16 0.874 Q	
17 0.914 Q	
18 0.866 Q	
19 0.906 Q	
20 0.929 Q	
21 0.900 N	
22 0.800 N	
24 0.897 N	
25 0.843 N	
26 0.898 N	
27 0.89 N	
28 0.834 N	
29 0.875 N	
30 0.897 N	
31 0.865 N	
32 0.939 N	
33 0.929 N	
34 0.889 N	į.
Ready Ready	. 11

- 7. Click on the arrow next to the "Q" in column B. A screen will open showing the contents of column B
- 8. Un-Check the "N" box





9. Now only the data with Q, I, O or X in column B remain (No "N"s) 10. Click on "Delete" and answer "OK" when the dialog box pops up

Paste Format Painter Clipboard I A1 ✓ A B I 0.9[♥ Q ✓ 2 0.844 Q 3 3 0.828 Q 4 4 0.807 Q ✓ 5 0.785 Q 6 0.764 Q ✓ 7 8 0.803 Q 9 9 0.93 Q 1 10 0.968 Q 1 11 0.929 Q 1 12 0.961 Q 1 13 0.939 Q 1 14 0.878 Q 1 15 0.898 Q 1 16 0.874 Q 1 17 0.914 Q 1 18 0.866 Q 1 19 0.906 Q 2 2 50 0.851 O 5 5
Al B A B 1 0.9 ~ Q I 2 0.844 Q I 3 0.828 Q I 4 0.807 Q I 5 0.785 Q I 6 0.764 Q I 7 0.819 Q I 8 0.803 Q I 9 0.93 Q I 10 0.968 Q I 11 0.929 Q I 12 0.961 Q I 13 0.939 Q I 14 0.878 Q I 15 0.898 Q I 16 0.874 Q I 17 0.914 Q I 18 0.866 Q I 19 0.906 Q I 20 0.929 Q I 50 0.851 O I 51 0.812 X I
A1 B 1 0.9 Q J 2 0.844 Q J 3 0.828 Q J 4 0.807 Q J 5 0.785 Q J 6 0.764 Q J 7 0.819 Q J 8 0.803 Q J 9 0.93 Q J 10 0.968 Q J 11 0.929 Q J 12 0.961 Q J 13 0.939 Q J 14 0.878 Q J 15 0.898 Q J 16 0.874 Q J 17 0.914 Q J 18 0.866 Q J 19 0.906 Q J 20 0.929 Q J 50 0.851 O J 51 0.812 X J
A1 B 1 0.9 • Q J 2 0.844 Q J 3 0.828 Q J 4 0.807 Q J 5 0.785 Q G 6 0.764 Q J 7 0.819 Q J 8 0.803 Q J 9 0.93 Q J 10 0.968 Q J 11 0.929 Q J 12 0.961 Q J 13 0.939 Q J 14 0.878 Q J 15 0.898 Q J 16 0.874 Q J 17 0.914 Q J 18 0.866 Q J 19 0.906 Q J 20 0.929 Q J 50 0.851 O J 51 0.812 X J
A B 1 0.9 ° Q Y 2 0.844 Y Y 3 0.828 Y Y 4 0.807 Q Y Y 5 0.785 Q Y Y 6 0.764 Q Y Y 7 0.819 Q Y Y 8 0.803 Q Y Y 9 0.93 Q Y Y 10 0.968 Q Y Y 11 0.929 Q Y Y 12 0.961 Q Y Y 13 0.939 Q Y Y 14 0.878 Q Y Y 15 0.898 Q Y Y 16 0.874 Q Y Y 18 0.8666 Q Y Y 19 0.9006 Q Y Y 50 0.851 O Y </th
A B 1 0.9 Q Y 2 0.844 Y 2 3 0.828 Y 2 4 0.807 Q Y 5 0.785 Q Y 6 0.764 Q Y 7 0.819 Q Y 8 0.803 Q 9 9 0.93 Q 1 10 0.968 Q 1 11 0.929 Q 1 12 0.961 Q 1 13 0.939 Q 1 14 0.878 Q 1 15 0.898 Q 1 16 0.874 Q 1 17 0.914 Q 1 18 0.866 Q 1 19 0.900 Q 1 50 0.851 O 5 51 0.812 X 1
1 0.9 • Q • 2 0.844 Q 3 0.828 Q 4 0.807 Q 5 0.785 Q 6 0.764 Q 7 0.819 Q 8 0.803 Q 9 0.93 Q 10 0.968 Q 11 0.929 Q 12 0.961 Q 13 0.939 Q 14 0.878 Q 15 0.898 Q 16 0.874 Q 17 0.914 Q 18 0.866 Q 19 0.900 Q 20 0.929 Q 50 0.851 O 51 0.812 X
2 0.844 Q 3 0.828 Q 4 0.807 Q 5 0.785 Q 6 0.764 Q 7 0.819 Q 8 0.803 Q 9 0.93 Q 10 0.968 Q 11 0.929 Q 12 0.961 Q 13 0.939 Q 14 0.878 Q 15 0.898 Q 16 0.874 Q 17 0.914 Q 18 0.866 Q 19 0.906 Q 20 0.929 Q 50 0.851 O 51 0.812 X
3 0.828 Q 4 0.807 Q 5 0.785 Q 6 0.764 Q 7 0.819 Q 8 0.803 Q 9 0.93 Q 10 0.968 Q 11 0.929 Q 12 0.961 Q 13 0.939 Q 14 0.878 Q 15 0.898 Q 16 0.874 Q 17 0.914 Q 18 0.866 Q 19 0.906 Q 20 0.929 Q 50 0.851 O 51 0.812 X
4 0.807 Q 5 0.785 Q 6 0.764 Q 7 0.819 Q 8 0.803 Q 9 0.93 Q 10 0.968 Q 11 0.929 Q 12 0.961 Q 13 0.939 Q 14 0.878 Q 15 0.898 Q 16 0.874 Q 17 0.914 Q 18 0.866 Q 19 0.906 Q 20 0.929 Q 50 0.851 O 51 0.812 X
5 0.785 Q 6 0.764 Q 7 0.819 Q 8 0.803 Q 9 0.93 Q 10 0.968 Q 11 0.929 Q 12 0.961 Q 13 0.939 Q 14 0.878 Q 15 0.898 Q 16 0.874 Q 17 0.914 Q 18 0.866 Q 19 0.906 Q 20 0.929 Q 50 0.851 O 51 0.812 X
0 0.704 Q 7 0.819 Q 8 0.803 Q 9 0.93 Q 10 0.968 Q 11 0.929 Q 12 0.961 Q 13 0.939 Q 14 0.878 Q 15 0.898 Q 16 0.874 Q 17 0.914 Q 18 0.866 Q 19 0.906 Q 20 0.929 Q 50 0.851 O 51 0.812 X
7 0.819 Q 8 0.803 Q 9 0.93 Q 10 0.968 Q 11 0.929 Q 12 0.961 Q 13 0.939 Q 14 0.878 Q 15 0.898 Q 16 0.874 Q 17 0.914 Q 18 0.866 Q 19 0.906 Q 20 0.929 Q 50 0.851 O 51 0.812 X
9 0.303 Q 10 0.968 Q 11 0.929 Q 12 0.961 Q 13 0.939 Q 14 0.878 Q 15 0.898 Q 16 0.874 Q 17 0.914 Q 18 0.866 Q 19 0.906 Q 20 0.929 Q 50 0.851 O 51 0.812 X
10 0.968 Q 11 0.929 Q 12 0.961 Q 13 0.939 Q 14 0.878 Q 15 0.898 Q 16 0.874 Q 17 0.914 Q 18 0.866 Q 19 0.906 Q 20 0.929 Q 50 0.851 O 51 0.812 X
11 0.929 Q 12 0.961 Q 13 0.939 Q 14 0.878 Q 15 0.898 Q 16 0.874 Q 17 0.914 Q 18 0.866 Q 19 0.906 Q 20 0.929 Q 50 0.851 O 51 0.812 X
12 0.961 Q 13 0.939 Q 14 0.878 Q 15 0.898 Q 16 0.874 Q 17 0.914 Q 18 0.866 Q 19 0.906 Q 20 0.929 Q 50 0.851 O 51 0.812 X
12 0.939 Q 13 0.939 Q 14 0.878 Q 15 0.898 Q 16 0.874 Q 17 0.914 Q 18 0.866 Q 19 0.906 Q 20 0.929 Q 50 0.851 O 51 0.812 X
13 0.878 Q 14 0.878 Q 15 0.898 Q 16 0.874 Q 17 0.914 Q 18 0.866 Q 19 0.906 Q 20 0.929 Q 50 0.851 O 51 0.812 X
13 0.898 Q 15 0.898 Q 16 0.874 Q 17 0.914 Q 18 0.866 Q 19 0.906 Q 20 0.929 Q 50 0.851 O 51 0.812 X
10 0.874 Q 17 0.914 Q 18 0.866 Q 19 0.906 Q 20 0.929 Q 50 0.851 O 51 0.812 X
17 0.914 Q 18 0.866 Q 19 0.906 Q 20 0.929 Q 50 0.851 O 51 0.812 X
18 0.866 Q 19 0.906 Q 20 0.929 Q 50 0.851 O 51 0.812 X
19 0.906 Q 20 0.929 Q 50 0.851 O 51 0.812 X
20 0.929 Q 50 0.851 O 51 0.812 X
50 0.851 O 51 0.812 X
51 0.812 X
F2 0.852 I
JZ 0.803 I
272 1.074 Q
273 1.024 Q
274 0.954 Q
275 0.955 Q
276 1.007 Q
277 0.985 Q
278 0.906 Q
279 0.961 Q
280 0.921 Q
281 0.899 Q
282 0.968 Q
Bandy 42 of 200 records former



11. Now you will see the data labeled "N" and with the original order preserved.

12. Now delete column B to be left with only RRs that were labeled normal.

13. Save the file as a text file for import to Kubios.

File Home Insert ↓ Cut Calibility Pormat Painter Calibility A1 Calibility A B Calibility A1 Calibility Calibility A1 Calibility Calibility A1 Calibility Calibility A B Calibility A B Calibility A1 C Calibility A B Calibility A B Calibility A1 C Calibility A B Calibility A B Calibility A1 C Calibility C0.897 N Calibility C0.897 N Calibility C1 C.859 Calibity C1 </th <th></th> <th>🚽 🤊 - (</th> <th>× . ≏</th> <th></th>		🚽 🤊 - (× . ≏	
	F	ile Ho	me Inse	ert
Paste Copy + Paste Format Painter Clipboard S A1 C A B A1 C A2 C A3 C A3 C B3 C B3 C C C C <th></th> <th>🗎 🔏 Cut</th> <th></th> <th>Calib</th>		🗎 🔏 Cut		Calib
A B A1 ✓ A1 ✓ 0.906 N 0.906 N 0.866 N 0.870 N 0.897 N 0.929 N 0.929 N 0.929 N 0.921 N 0.921 N 0.921 N 0.921 N 0.921 N 0.921 N 0.925 N 0.927 N 0.927 N		📃 📭 Cop	у т	cuno
Clipboard Image: Clipboard A1 Image: Clipboard A B Clipboard A B Clipboard Clipboard A 0.906 N Image: Clipboard Clipboard A 0.866 N Image: Clipboard Clipboard A 0.897 N Image: Clipboard Image: Clipboard A 0.834 N Image: Clipboard Image: Clipboard A 0.837 N Image: Clipboard Image: Clipboard B 0.929 N Image: Clipboard Image: Clipboard Image: Clipboard B 0.914 N Image: Clipboard Image: Clipboard Image: Clipboard B 0.914 N Image: Clipboard Image: Clipboard Image: Clipboard B 0.914 N Image: Clipboard I	Pa	ste 🛷 Forn	nat Painter	в
A1 ▼ A B C 0.906 N 0.806 0.929 N 0.866 0.929 N 0.897 0.843 N 0.898 0.898 N 0.897 0.897 N 0.897 1 0.865 N 2 0.939 N 3 0.929 N 4 0.889 N 5 0.937 N 6 0.914 N 9 0.897 N 1 0.897 N 2 0.927 N 3 0.896 N 4 0.944 N 5 0.921 N 6 0.921 N		Clipboard	1 G	
A B C 0.906 N		A1		- (=
A B C 0.906 N 0.866 N 0.866 N 0.929 N 0.897 N 0.897 N 0.897 N 0.897 N 0.897 N 0.897 N 0.898 N 0.898 N 0.897 N 0.897 N 0.897 N 0.897 N 0.834 N 0.897 N 0.897 N 0.897 N 0.897 N 0.897 N 0.897 N 0.914 N 0.921 N 0.914 N 9 0.897 N 0.921 0.921 N 0.927 N 0.927 N 0.927 N 0.9205 N 0.921 N 0.921 N 0.927 N 0.925 N 0.927 N				
0.906 N 0.866 N 0.929 N 0.897 N 0.897 N 0.898 N 0.898 N 0.897 N 0.898 N 0.897 N 0.939 N 0.939 N 0.937 N 0.929 N 4 0.889 0.937 N 0.921 N 0 0.897 1 0.897 2 0.921 3 0.929 8 0.874 9 0.87 1 0.859 2 0.976 3 0.985 1 0.859 1 0.9		А	В	(
0.866 N 0.929 N 0.897 N 0.897 N 0.898 N 0.898 N 0.898 N 0.898 N 0.897 N 0.898 N 0.897 N 0.898 N 0.897 N 0.897 N 0.897 N 1 0.865 N 2 0.939 N 3 0.929 N 4 0.889 N 5 0.937 N 6 0.961 N 7 0.921 N 8 0.914 N 9 0.89 N 0 0.843 N 1 0.897 N 2 0.927 N 3 0.896 N 0 0.843 N 1 0.897 N 2 0.927 N 3 0.896 N 0 0.843 N 1 0.897 N 2 0.927 N 3 0.896 N 0 0.874 N 9 0.87 N 0 0.87 N 0 0.89 N 1 0.859 N 0 0.859 N 0 0.859 N 0 0.937 N 2 0.937 N 2 0.937 N 2 0.937 N	1	0.906	N	
0.929 N 0.897 N 0.897 N 0.898 N 0.897 N 0.834 N 0.837 N 0.897 N 1 0.865 N 2 0.939 N 3 0.929 N 4 0.889 N 5 0.937 N 6 0.914 N 9 0.891 N 0 0.843 N 1 0.897 N 2 0.927 N 3 0.896 N 0 0.843 N 1 0.897 N 2 0.927 N 3 0.896 N 4 0.944 N 5 0.921 N 6 0.921 N 7 0.929 N 8 0.874 N 9 0.87 N 0 0.89 N 1 0.859 N 0 0.875 N 0	2	0.866	N	
0.897 N 0.843 N 0.898 N 0.898 N 0.898 N 0.897 N 0.897 N 0.834 N 0.875 N 0.877 N 1 0.877 N 2 0.939 N 3 0.929 N 4 0.889 N 5 0.929 N 4 0.889 N 5 0.921 N 8 0.914 N 9 0.897 N 2 0.914 N 9 0.897 N 2 0.921 N 0.897 N 2 0.927 N 3 0.896 N 1 0.897 N 2 0.921 N 0.929 N 8 0.874 N 9 0.875 N 0 0 0.875 N	3	0.929	N	
0.843 N 0.898 N 0.898 N 0.899 N 0.834 N 0.875 N 0.877 N 1 0.865 N 2 0.939 N 3 0.929 N 4 0.889 N 5 0.929 N 4 0.889 N 5 0.921 N 8 0.927 N 2 0.927 N 2 0.927 N 3 0.897 N 2 0.927 N 3 0.896 N 1 0.927 N 3 0.927 N 8 0.874 N 9 0.874 N 9 0.870 N 1 0.870 N 1 0.875 N 0 1 0.875 N 0.937 N 2 <th>4</th> <th>0.897</th> <th>N</th> <th></th>	4	0.897	N	
0.898 N 0.89 N 0.89 N 0.834 N 0.875 N 0.897 N 1 0.865 N 2 0.939 N 3 0.929 N 4 0.889 N 5 0.937 N 6 0.914 N 9 0.897 N 2 0.914 N 9 0.897 N 2 0.921 N 3 0.897 N 2 0.927 N 3 0.896 N 0.921 N 0.921 N 0.929 N 8 0.874 N 9 0.874 N 9 0.879 N 1 0.870 N 1 0.875 N 0 0.875 N 0 0.876 N 1 0.875 N	5	0.843	N	
0.89 N 0.834 N 0.875 N 0.897 N 1.0.865 N 2.0.939 N 3.0.929 N 4.0.889 N 5.0.937 N 6.0.961 N 7.0.921 N 8.0.914 N 9.0.897 N 1.0.897 N 2.0.921 N 8.0.914 N 9.0.89 N 0.0.843 N 1.0.897 N 2.0.927 N 3.0.896 N 4.0.944 N 5.0.921 N 7.0.929 N 8.0.874 N 9.0.87 N 0.0.859 N 0.859 N 0.859 N 0.976 N 3.0.985 N 0.937 N 2.0.937 N	6	0.898	N	
0.834 N 0.875 N 0.875 N 1 0.875 N 2 0.939 N 3 0.929 N 4 0.889 N 5 0.937 N 6 0.914 N 9 0.897 N 2 0.914 N 9 0.89 N 0 0.843 N 1 0.897 N 2 0.927 N 3 0.896 N 4 0.944 N 5 0.921 N 6 0.921 N 7 0.929 N 8 0.876 N 9 0.871 N 9 0.877 N 1 0.859 N 0 0.898 N 0 0.897 N 2 0.976 N 3 0.985 N 0 0.937 N	7	0.89	N	
0.875 N 0.897 N 1.0.865 N 2.0.939 N 3.0.929 N 4.0.889 N 5.0.937 N 6.0.961 N 7.0.921 N 8.0.914 N 9.0.89 N 0.897 N 2.0.927 N 3.0.896 N 1.0.897 N 2.0.921 N 3.0.896 N 4.0.944 N 5.0.905 N 6.0.905 N 6.0.905 N 6.0.901 N 7.0.929 N 8.0.874 N 9.0.87 N 9.0.87 N 1.0.859 N 0.0.859 N 1.0.859 N 1.0.859 N 1.0.859 N 1.0.855 N 1.0.955 N 1.0.855	8	0.834	N	
0 0.897 N 1 0.865 N 2 0.939 N 3 0.929 N 4 0.889 N 5 0.937 N 6 0.961 N 7 0.921 N 8 0.914 N 9 0.897 N 2 0.927 N 3 0.896 N 4 0.944 N 5 0.905 N 6 0.921 N 7 0.929 N 8 0.874 N 9 0.87 N 0 0.895 N 0 0.895 N 1 0.859 N 2 0.976 N 3 0.985 N 0 0.937 N	9	0.875	N	
1 0.865 N 2 0.939 N 3 0.929 N 4 0.889 N 5 0.937 N 6 0.961 N 7 0.921 N 8 0.914 N 9 0.89 N 0 0.843 N 1 0.897 N 2 0.927 N 3 0.896 N 4 0.944 N 5 0.905 N 6 0.921 N 7 0.929 N 8 0.874 N 9 0.87 N 0 0.89 N 1 0.859 N 2 0.976 N 3 0.985 N 0.937 N 4 0.937 N	10	0.897	N	
2 0.939 N 3 0.929 N 4 0.889 N 5 0.937 N 6 0.961 N 7 0.921 N 8 0.914 N 9 0.89 N 0 0.843 N 1 0.897 N 2 0.927 N 3 0.896 N 4 0.944 N 5 0.905 N 6 0.921 N 7 0.929 N 8 0.874 N 9 0.87 N 0 0.89 N 1 0.859 N 1 0.859 N 2 0.976 N 3 0.985 N 4 0.937 N 4 0.937 N 4 0.937 N	11	0.865	N	
3 0.929 N 4 0.889 N 5 0.937 N 6 0.961 N 7 0.921 N 8 0.914 N 9 0.89 N 0 0.843 N 1 0.897 N 2 0.927 N 3 0.896 N 4 0.944 N 5 0.905 N 6 0.921 N 7 0.929 N 8 0.874 N 9 0.87 N 0 0.898 N 1 0.859 N 2 0.976 N 3 0.985 N 0.937 N	12	0.939	N	
4 0.885 N 5 0.937 N 6 0.961 N 7 0.921 N 8 0.914 N 9 0.89 N 0 0.843 N 1 0.897 N 2 0.927 N 3 0.896 N 4 0.944 N 5 0.905 N 6 0.921 N 7 0.929 N 8 0.874 N 9 0.87 N 0 0.89 N 1 0.859 N 2 0.976 N 3 0.985 N 0.937 N 4 0.937 N	13	0.929	IN N	
0.337 N 6 0.961 N 7 0.921 N 8 0.914 N 9 0.89 N 0 0.843 N 1 0.897 N 2 0.927 N 3 0.896 N 4 0.944 N 5 0.905 N 6 0.921 N 7 0.929 N 8 0.874 N 9 0.878 N 0 0.899 N 1 0.859 N 2 0.976 N 3 0.985 N 4 0.937 N	14	0.889	IN N	
0.301 N 7 0.921 N 8 0.914 N 9 0.89 N 0 0.843 N 1 0.897 N 2 0.927 N 3 0.896 N 4 0.944 N 5 0.905 N 6 0.921 N 7 0.929 N 8 0.874 N 9 0.877 N 2 0.976 N 3 0.985 N 4 0.937 N ►	15	0.957	N	
0.914 N 9 0.811 N 9 0.89 N 0 0.843 N 1 0.897 N 2 0.927 N 3 0.896 N 4 0.944 N 5 0.905 N 6 0.921 N 7 0.929 N 8 0.874 N 9 0.87 N 0 0.89 N 1 0.859 N 2 0.976 N 3 0.985 N 4 0.937 N	17	0.901	N	
9 0.89 N 0 0.843 N 1 0.897 N 2 0.927 N 3 0.896 N 4 0.944 N 5 0.905 N 6 0.921 N 7 0.929 N 8 0.874 N 9 0.87 N 0 0.89 N 1 0.859 N 2 0.976 N 3 0.985 N 4 0.937 N	18	0.914	N	
0 0.843 N 1 0.897 N 2 0.927 N 3 0.896 N 4 0.944 N 5 0.905 N 6 0.921 N 7 0.929 N 8 0.874 N 9 0.877 N 1 0.859 N 2 0.976 N 3 0.983 N 4 0.937 N ✓ ► ► SweetBeat Session	19	0.89	N	
1 0.897 N 2 0.927 N 3 0.896 N 4 0.944 N 5 0.905 N 6 0.921 N 7 0.929 N 8 0.874 N 9 0.877 N 0 0.898 N 1 0.859 N 2 0.976 N 3 0.985 N 4 0.937 N ✓ ► ► SweetBeat Session	20	0.843	N	
2 0.927 N 3 0.896 N 4 0.944 N 5 0.905 N 6 0.921 N 7 0.929 N 8 0.874 N 9 0.877 N 0 0.899 N 1 0.859 N 2 0.976 N 3 0.985 N 4 0.937 N ✓ ▶ I SweetBeat Session	21	0.897	N	
3 0.896 N 4 0.944 N 5 0.905 N 6 0.921 N 7 0.929 N 8 0.874 N 9 0.87 N 0 0.89 N 1 0.859 N 2 0.976 N 3 0.985 N 4 0.937 N	22	0.927	N	
4 0.944 N 5 0.905 N 6 0.921 N 7 0.929 N 8 0.874 N 9 0.87 N 0 0.89 N 1 0.859 N 2 0.976 N 3 0.985 N 4 0.937 N ✓ ► ► SweetBeat Session	23	0.896	N	
5 0.905 N 6 0.921 N 7 0.929 N 8 0.874 N 9 0.877 N 0 0.89 N 1 0.859 N 2 0.976 N 3 0.985 N 4 0.937 N ✓ ▶ ♥ SweetBeat Session	24	0.944	N	
6 0.921 N 7 0.929 N 8 0.874 N 9 0.87 N 0 0.89 N 1 0.859 N 2 0.976 N 3 0.985 N 4 0.937 N ✓ ▶ I SweetBeat Session	25	0.905	N	
7 0.929 N 8 0.874 N 9 0.87 N 0 0.89 N 1 0.859 N 2 0.976 N 3 0.985 N 4 0.937 N ✓ ▶ ■ SweetBeat Session	26	0.921	N	
8 0.874 N 9 0.87 N 0 0.89 N 1 0.859 N 2 0.976 N 3 0.985 N 4 0.937 N ✓ ▶ ▷ SweetBeat Session	27	0.929	N	
9 0.87 N 0 0.89 N 1 0.859 N 2 0.976 N 3 0.985 N 4 0.937 N ✓ ► ► SweetBeat Session	28	0.874	N	
0 0.89 N 1 0.859 N 2 0.976 N 3 0.985 N 4 0.937 N 4 ▶ I SweetBeat Session	29	0.87	N	
1 0.859 N 2 0.976 N 3 0.985 N 4 0.937 N ↓ ► SweetBeat Session	30	0.89	N	
2 0.976 N 3 0.985 N 4 0.937 N 4 ► ► SweetBeat Session	31	0.859	N	
	32	0.976	N	
	33	0.985	N	
	34	0.937	veetBeat S	ession
eady	Rea	ady		

		9	- 6	× -	1-
		ľ			1
F	ile	ų.	Ho	me	
		ð	Cut		
Pa	ste	1	Сор	у т	
	,	V	For	nat P	ain
		lipb	oard	i	
		N	18		
		Α			В
1		0.	906		
2		0.	866		
3		0.	929		
4		0.	897		
5		0.	843		
6		0.	898		
7		(0.89		
8		0.	834 075		
9		0.	8/3 007		
10		0.	065		
12		0.	929		
13		0.	929		
14		0.	889		
15		0.	937		
16		0.	961		
17		0.	921		
18		0.	914		
19		().89		
20		0.	843		
21		0.	897		
22		0.	927		
23		0.	896		
24		0.	944		
25		0.	905		
26		0.	921		
27		0.	929		
28		0.	874		
29		().87		
30		(0.89		
31		0.	859		
32		0.	00E		
33		0.	383 927		
14 4	•	▶	Sw	reet	Be
Rea	dy				
_					

© 2011 SweetWater Health LLC. All Rights Reserved.