

Monitor Screen

- Heart Beat Trace: Shows your heart beat trace in a familiar EKG-like format.
- HR: Displays your current heart rate in beats per minute.
- HRV: Displays your current HRV on a scale from 0 – 100.
- Real-Time Graphs
 - Rotate the screen 90 degrees (counter-clockwise from the Monitor Screen) to see a Real-time graph of your RR-intervals. From here, press the circled “i” by RR to see a Real-time graph of your Heart Rate, HRV, Stress, LF, HF
- Start/Stop: Press the “Start/Stop” button to start or stop your session. When you press “Stop”, the Session Summary screen will open, allowing you to upload your session to the website for later review at your

HRVCharts.com web page. You will also have the option to post your Session Summary to Facebook and Twitter, or have your RR-intervals E-mailed to you.

- **Stats:** Press the “Stats” button to see Real-time stats of LF, HF, LF/HF, rMSSD, HRV, Heart Rate, RR.