

ECG Fitness Report

SAMPLE REPORT

Sample participant / Synthetic demonstration data / 120s recording

No participant data. Values demonstrate report output, not a health assessment.

ECG WAVEFORM PREVIEW · 130 Hz



Synthetic trace and example metrics; not measured from a person.

Age: 35 yrs

Sex: Female

Activity: Moderate

HR: 65 bpm

Breathing: 14.0 /min

Confidence: 90%

FITNESS OVERALL SCORE

54

Above Average autonomic fitness

Composite score uses age/sex-adjusted RMSSD percentile and resting HR, adjusted by signal confidence. SDNN is shown as context only because short-duration percentile interpretation is weak. Fitness use only; not a clinical diagnosis.

FITNESS PILLARS

HEART RATE VARIABILITY (RMSSD)

41 ms

Female · age 35

55th percentile · Above average



Peer median: 37.9 ms · Delta: +3 ms

CARDIAC EFFICIENCY - RESTING HEART RATE

65

bpm - beat interval 923 ms

Good



Elevated	≥ 90 bpm	Fair	80–89
Normal	70–79	Good	60–69
Excellent	50–59	Athlete	< 50

Fixed resting HR zones used for the score.

AUTONOMIC PATTERN

Healthy autonomic tone

Both metrics are in a healthy range for healthy adults at rest. Autonomic balance is well-maintained.

What to do: Regular aerobic exercise (3-4x/week) and consistent sleep timing are the two most evidence-backed improvements for both metrics.

AT A GLANCE

RMSSD PERCENTILE

55th

Above average

RMSSD

41 ms

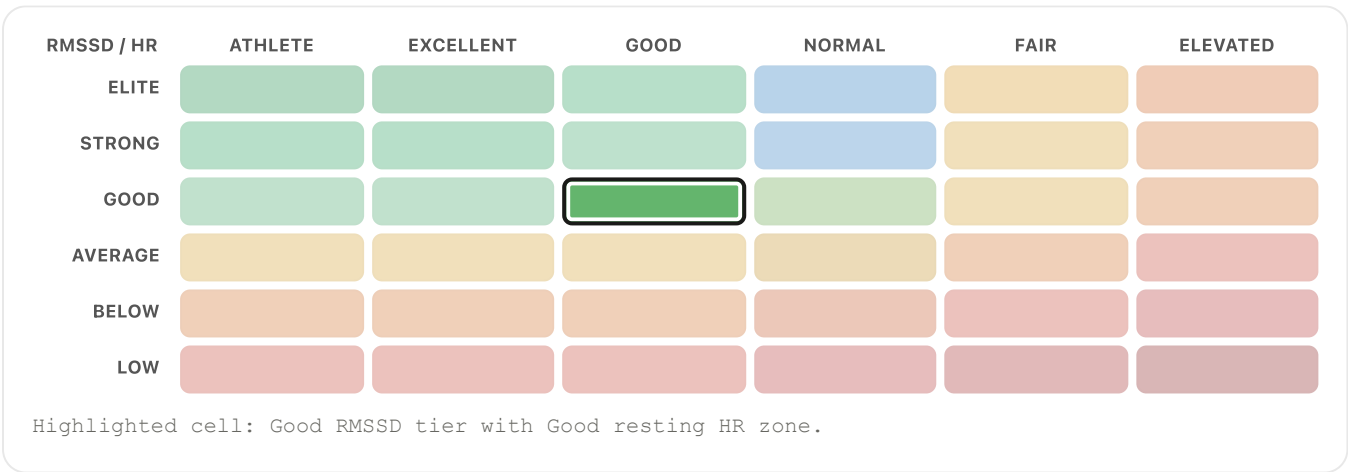
+3 ms vs median

RESTING HR

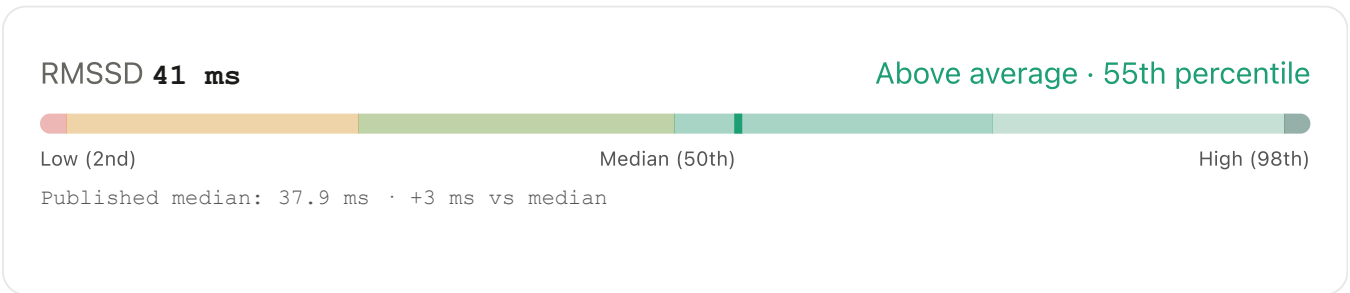
65 bpm

Good

PATTERN GRID



RMSSD PERCENTILE - FEMALE, AGE 35



HRV AGE ESTIMATE

HRV age estimate — Younger than expected

Normalized HRV adjusts RMSSD for mean R-R interval, then compares ln(normalized HRV) with age and sex reference bands. Your profile resembles the 30-34 band; confidence is low. This is a rough wellness indicator, not a diagnostic age estimate.

ABOUT THESE METRICS

RMSSD - root mean square of successive differences

A marker of parasympathetic activity and recovery capacity. Compare trends over repeated morning measurements rather than overreacting to one reading.

SDNN - standard deviation of NN intervals

Captures total variability in detected beat intervals. It is included as context, but no percentile or score contribution is assigned because short-duration recordings do not provide strong evidence for stable SDNN ranking.

Breathing rate - ECG-derived respiration

Estimated from ECG-derived respiration using heart-rate modulation, then summarized as breaths per minute. This is a proxy, not a direct respiratory belt or airflow measurement.

RECORDING DATA

METRIC	VALUE	REFERENCE	PERCENTILE
Fitness score	54	70% RMSSD percentile + 30% HR score	Above average
Heart rate	65 bpm	Clinical resting HR zones	Good
R-R interval	923 ms	600-1000 ms normal	-
RMSSD	41.0 ms	Age/sex adjusted (Teegne 2020)	55th (Above average)
SDNN	55.0 ms	Context metric	Not scored
Normalized HRV	1.349	RMSSD / sqrt(mean R-R)	57th (Above average)
Breathing rate	14.0 breaths/min	12-20 resting	ECG-derived
Analysis confidence	90%	Higher is better	-
Sample rate	130 Hz	250 Hz preferred	-
Recording duration	120.0 s	>=60 s for reliable RMSSD	-

RECOMMENDATIONS



Aerobic training

Discuss activity goals in the context of your current health and fitness.



Sleep quality

Record sleep and recovery context alongside repeat measurements.



Slow breathing practice

Allow time to settle before a resting measurement; note your breathing conditions.



Hydration and diet

Note recent exercise, hydration and other conditions that may affect the recording.



Trend tracking

Compare repeated measurements under similar conditions, rather than relying on one result.

SAMPLE ONLY. Generated with synthetic inputs using Sentinan's current event-report template. Event referrals are omitted and recommendations adapted for this public example. Scores and interpretations are software outputs, not evidence of clinical validation. For wellness demonstration, not diagnosis or personal medical advice.