



Log Transformed RMSSD Over Time
Colour Coded Using Red/Orange/Green for
Warning/Caution/Good

19 November 2018

Recent Data

Table 1: Most Recent Data

PlayerName	LnRMSSD	RollingAverage	LowerLimit	Caution
17	1.71	1.80	1.54	1.67
15	2.13	2.10	1.98	2.04
13	2.1	2.06	1.97	2.02
9	1.93	1.85	1.72	1.78
34	1.84	1.98	1.82	1.90
45	1.83	1.84	1.79	1.81
10	1.26	1.48	1.26	1.37
33	1.83	1.80	1.65	1.72
19	1.92	1.99	1.87	1.93
4	1.95	1.85	1.70	1.78
44	1.56	1.58	1.50	1.54
23	1.79	1.73	1.49	1.61
42	2.02	1.81	1.52	1.67
21	1.67	1.52	1.34	1.43
20	1.97	1.87	1.70	1.78
40	1.76	1.92	1.79	1.86
25	1.9	1.88	1.77	1.83
29	1.89	1.85	1.74	1.80
28	1.6	1.67	1.52	1.60
26	1.88	1.88	1.67	1.78
27	2.15	2.14	1.99	2.06
3	2.07	1.97	1.68	1.82
54	1.99	1.92	1.72	1.82
38	1.8	1.93	1.80	1.86
43	2.04	2.00	1.92	1.96
50	2	1.96	1.80	1.88
5	1.97	1.97	1.94	1.96
14	1.99	1.98	1.89	1.93
8	2.08	2.00	1.87	1.94
24	2.22	2.14	2.04	2.09
7	1.43	1.63	1.36	1.50
30	1.63	1.67	1.56	1.61
53	2.01	1.96	1.87	1.92
22	1.98	1.91	1.77	1.84
1	2.16	1.99	1.80	1.89
6	1.64	1.76	1.63	1.69
49	1.86	1.78	1.70	1.74
37	2.04	2.02	1.94	1.98
18	1.82	1.80	1.72	1.76
46	1.76	1.92	1.72	1.82
32	2.03	2.02	1.78	1.90
36	1.99	1.99	1.90	1.94
39	2.25	2.04	1.79	1.92
12	1.4	1.75	1.52	1.63
41	1.51	1.64	1.49	1.56

Table 1: Most Recent Data (*continued*)

PlayerName	LnRMSSD	RollingAverage	LowerLimit	Caution
2	1.85	1.76	1.61	1.68
47	1.99	2.03	1.74	1.89
16	1.72	1.66	1.38	1.52
51	1.81	1.75	1.53	1.64
48	2.12	2.12	2.00	2.06
11	1.85	1.89	1.77	1.83
31	1.76	1.71	1.66	1.69
52	1.88	1.81	1.73	1.77



HRV Individual Player Graphs





















