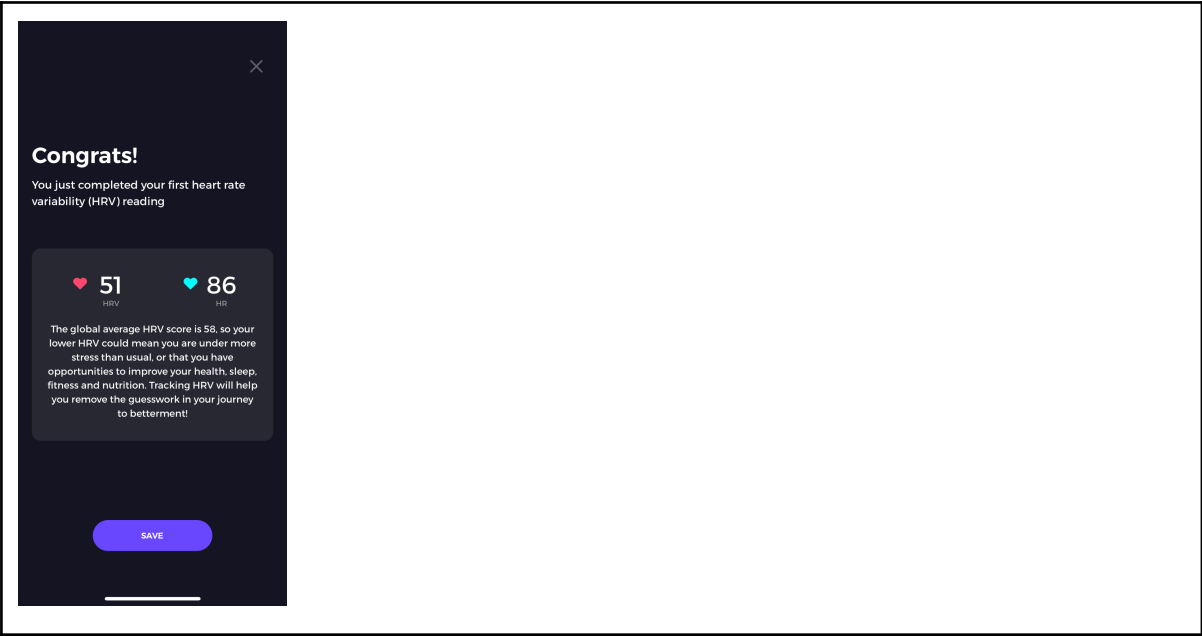


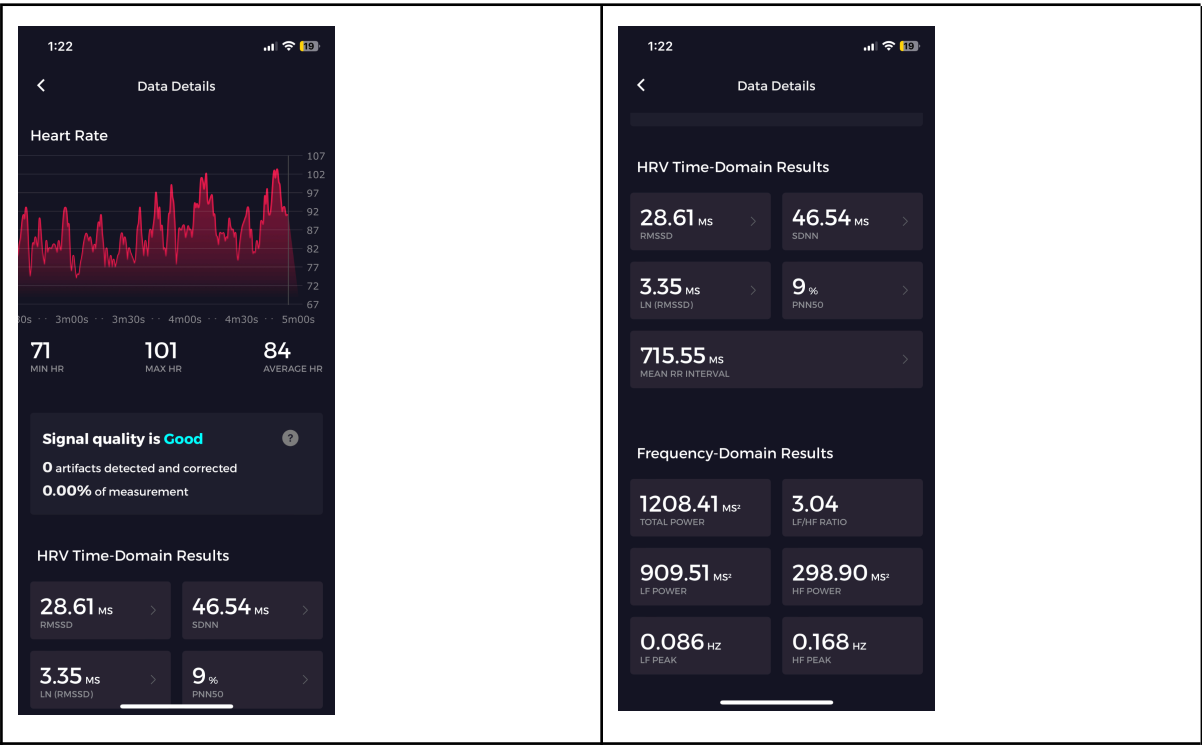
CCT478 Studio Lab - March 15

Names: Frederick Ayanwuyi, Mariam Khan, Abdul Hadi Khan

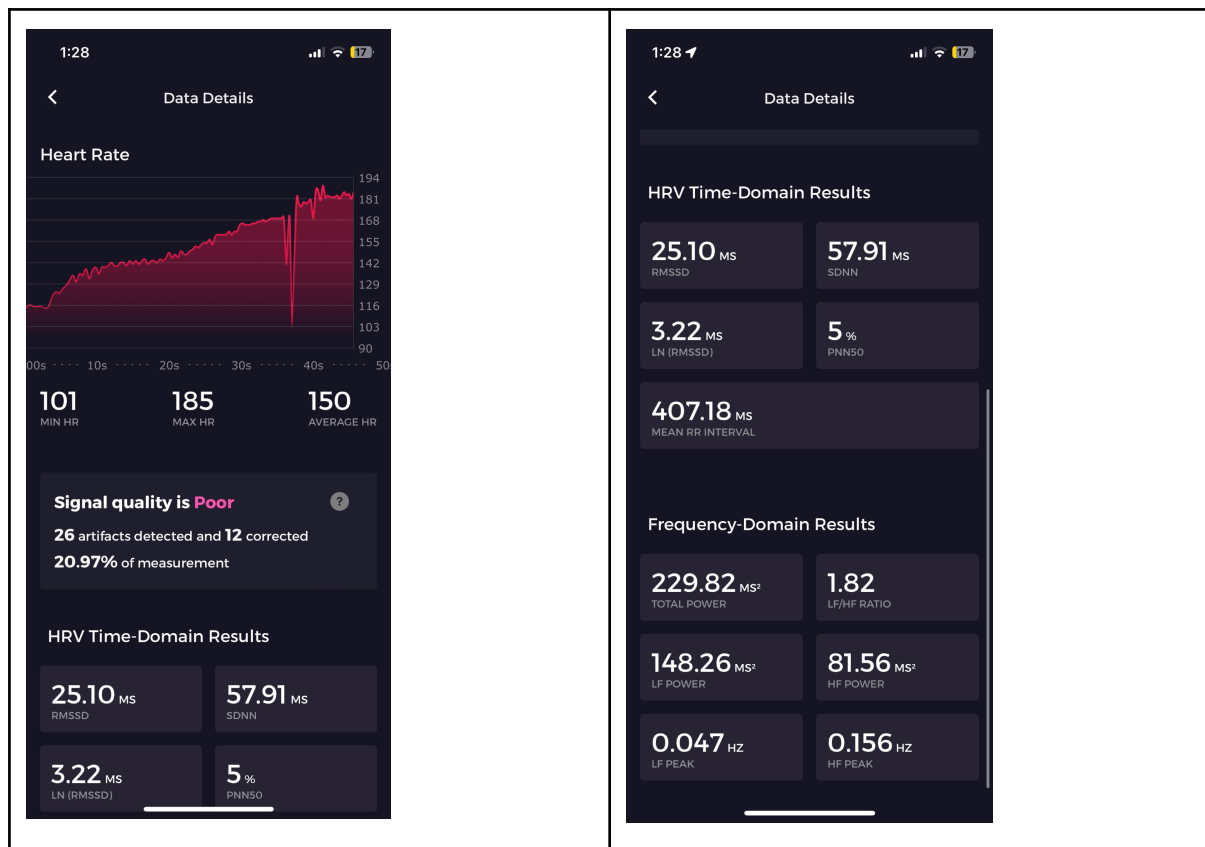
Baseline



Stressful Activity 1 - Wordpress



Stressful Activity 2 - Physical



Summary Report

The baseline average HR (86) and the HR (84) from the mental activity don't have much differences, which can be explained by how the user felt more stressed out than usual because he was self-conscious of the monitor, despite trying to relax. However, the max HR (101) he reached during the mental activity of creating a Wordpress site was much higher, especially near the end when he had to remake a portion because it wasn't saved and time was running out. Compared to the baseline (86) and mental stress HR (avg: 84, max: 101), the average (150) and max HR (185) reached during the physical stress activity was much higher, which made sense since he was sprinting up and down the stairs. This can also explain why the reading had a poorer signal and inaccuracies detected since the heart rate monitor would have jostled as he was running. The poorer signal could also have resulted in a more inaccurate and higher reading of his heart rate than the real value as he was sprinting.