

Team Work Plan and Completion Status

Table 1: Team Members' Planned Tasks and Completion Status

Team Member	Planned Tasks / Goals	Completion Status
Roha Riaz	Introduction and objectives; physiological background; expected outcomes; sprint experiment description; discussion of breathing effects on heart rate.	Introduction, objectives, and background done; expected outcomes outlined; sprint experiment described; discussion drafted.
Zita Wágner	Signal processing pipeline: loading, preprocessing, noise reduction, filtering, envelope extraction; DSP-based heartbeat & breathing detection; basic visualizations.	Pipeline documented; DSP detection explained; basic visualizations drafted.
Benedek Varga	YAMNet breathing detection; comparison of fast vs slow breathing; statistical analysis plan; group analysis; advanced results discussion; summary.	YAMNet detection explained; comparison methods outlined; statistics and group analysis drafted; results discussion and summary included.