**Overview of the different measures**

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| Measure | Research Goal | Use | Level |
| unstd. mean HR | **RG 1: mapping HR over study phases**  Explorative | Overall Course (Table 1)  For all Intervals (Table 1)  Displaying HR trend for entire study (Fig. 3) | *n* = 81 |
| std. mean HR | **RG 1: mapping HR over study phases**  Explorative  Hypothesis 1a  **RG 2: prediction**  Hypotheses 2a-d | Overall Course (Table 1)  For all Intervals (Table 1)  Displaying HR trend for entire study (Fig. 3)  HR peak in intervals  prediction of HR in intervals | *n* = 81  *n* = 81  *n* = 81 |
| mean intercept | **RG 1: mapping HR over study phases**  Hypothesis 1b | std. HR changes within each interval | *n* = ~ 6.500 (measurement points per interval for all participants) |
| mean slope | **RG 1: mapping HR over study phases**  Hypothesis 1b  **RG 2: prediction**  explorative | std. HR changes within each interval  prediction of slopes in intervals | *n* = ~ 6.500 (measurement points per interval for all participants)  *n* = 81 |