Summary Report

New Recording
26 Dec 2025 15:09

Shawn Hoover
Age: 57
Gender: Male

Performance/Wellness Evaluation

The HeartQuest Functional Evaluation with Heart Rate Variability is a sophisticated measurement of the variation in time between each heartbeat from the ECG. It is intended to be used for the education and the observation of peak performance potential of the Autonomic nervous system and the Central Nervous System. The HeartQuest HRV is not intended for the purpose or implication of any disease or condition

Stress Resiliency Score: 22

Stress Resiliency Score (SDNN) is the most important parameter and the most researched in the scientific literature. When stressors become greater than your ability to adapt to them symptoms appear. If the downward force of stress is not dealt with, health will decline. All of these things affect your Stress Resiliency Score: Emotional/Mental Stress, Environmental toxins, Virus, Bacteria, Fungal, lack of exercise, poor diet, lack of sleep, dehydration, poor digestion, etc. The higher these numbers, the better.

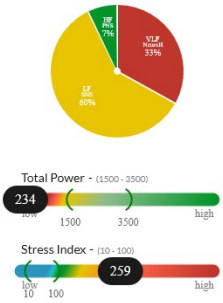
SDNN Male (Your Category)			
Age	Below Average	Average	Above Average
25-34	29.1	29.2 - 70.8	70.9 - UP
35-44	27.8	27.9 - 61.3	61.4 - UP
45-54	22.2	22.3 - 51.3	51.4 - UP
55-64 ← Your Age Range	18.1	18.2 - 47.4	47.5 - UP
65-75	16.4	16.5 - 42.7	42.8 - UP

SDNN Female			
Age	Below Average	Average	Above Average
25-34	29.7	29.8 - 67.6	67.7 - UP
35-44	24.9	25 - 65.8	65.9 - UP
45-54	23.1	23.2 - 50.6	50.7 - UP
55-64	18.2	18.2 - 42.9	43 - UP
65-75	16	16.1 - 39.5	39.6 - UP

Stage of Stress

Five Stages of Stress 3 Optimal WNL

To derive the scores on each of the hormones and inflammatory index as well as the total power the actual scores are used in the calculation and are assigned a rating based on the HQP proprietary scale from 0-5. These scores are added up for the total score to give you the stress level stage. Starting With 0 or with in normal limits. As the numbers get higher there is an indication of increased or prolonged stress physiology based on HRV and its associated parameters and 5 being the highest stage of stress. The goal is to get the score to 0 or WNL



Stress Index

The stress index: Score 259 Optimal 10-100

This represents how much tension is on your Autonomic Nervous system and over 500 is a cardiovascular risk. The stress chemistry we create increases inflammation, decreases immune function and overall health. Red part of the pie represents chronic stress, yellow part is fight or flight response and the green part represents the repair and rejuvenation response

If total power is low then all pie depictions will be amplified toward different stages of an adrenal stress picture and made worse. Decreasing stress chemistry will be important.

Balanced | Fight/flight | Rest/Digest or Exhaustion Can be irregular heart rhythms | Chronic stress

Total Power = Overall Vitality and has an effect on all HQP parameters

Stress Index = The amount of stress on the nervous system

Brain Power Spectrum

Brain Power Spectrum: 30 Optimal 100

Power Spectrum of the brain comes from how the heart interacts with the brain and the brain interacts with the heart. If you have low HRV with Sympathetic dominance; low parasympathetic function or both an excessive amount of red in your pie (neurohormonal) you have shifted to a stress physiology. Stress physiology eventually can create brain inflammation further decreasing the green part of the pie (regeneration and healing)

Below gives an idea of the vitality your CNS as it is reflected in the Brain Power Spectrum Score

0-20%	21-39%	40-59%	60-79%	80-99%	100%+
Highly Stressed	Moderate Stress	Exhaustion	Sub-optimal	Highly functional	Optimal State

Inflammation Index

Inflammation Score: 696 Optimal 75-300

Inflammation is a silent killer that causes pain, arthritis, diabetes, heart problems and leads to many health issue. It is like throwing gasoline on the fire. Lower is better.

75-150	150-300	300-600	600
Within Normal Limit (WNL)	Slightly Elevated	Moderately Elevated	Highly Elevated

Actual Age vs. Biological Age

Actual Age 57 vs. Biological Age 63

This score is correlated with healthy people for your age and with age Heart Rate Variability declines. You want to be younger than the averages for your age.

Notes