| Window # | HR | HRV | Stress Index |
|----------|--------|--------|--------------|
| 1 | 138.5 | 107.53 | 0.1 |
| 2 | 143.3 | 105.00 | 0.2 |
| 3 | 147.3 | 104.59 | 0.3 |
| 4 | 148.73 | 98.86 | 0.4 |
| 5 | 148.3 | 97.02 | 0.5 |
| 6 | 143.3 | 98.47 | 0.4 |