

ESG session report

2026-09-18 14:00 T3 Calm Body and Mind · R105 · 3F meeting room host

12 participants, 12 of them uploaded statistics · 660 minutes in total · Medals: gold 3, silver 4, bronze

2 people; 9 medals in total

Session scorecard

Session scorecard

Strong

Of 9 assessable people, 67% improved on at least one autonomic measure; 90% reached stable relaxation for 3 min or more; median time to stable relaxation was 7:00

Benefit rate

Strong

67%

6/9



At least one autonomic
measure improved
(among assessable)

Relaxation
rate

Strong

90%

9/10



Stable relaxation for 3 min
or more

Deep
settling
rate

Moderate



Fewer than 3

Deep settling reached the
proportional threshold
(reference only)

Data
completeness

Moderate

75%

9/12



Assessable ÷ uploaded
(about the data; not rated)

How it is rated: Strong when both the benefit rate and the relaxation rate reach “Strong”; Needs work when both are below “Moderate”; otherwise Moderate. Deep settling and data completeness are for reference only. Not rated when the base is under 5 people. Thresholds (Strong / Moderate): benefit 60% / 40%, relaxation 70% / 50%, deep settling 30% / 15%, data completeness 80% / 60%.

A session rating reflects only this session's group results; it is not a final judgement of any person or course. Thresholds are initial settings and will be adjusted as data accumulate.

Who benefited in this session

Each person is compared with their own pre-test and effect post-test and placed in Improved, No clear change or Declined, using the same change bands as the personal report. Only people valid in both windows are counted. Headcounts only, no personal rows.

Uploaded statistics

12

Have HRV data

11

Valid pre-test

10

Valid effect post-test

10

Assessable

9

Age	Assessable	Improved	No clear change	Declined
Parasympathetic regulation equivalent age	9	5/9 56%	3/9 33%	Fewer than 3
Responsiveness equivalent age	9	6/9 67%	Not improved: 3/9 33%	
Rhythm fluency equivalent age LAB	2	Fewer than 3		

Some categories had fewer than 3 people, so they are merged into “Improved / Not improved” to prevent tracing counts back to individuals. Where there are fewer than 3 assessable people, or a category is still too small after merging, only the assessable count is shown.

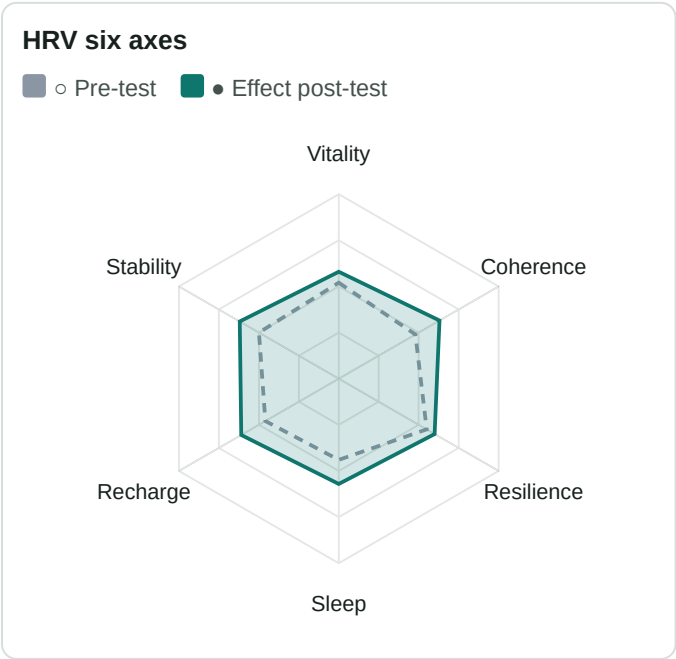
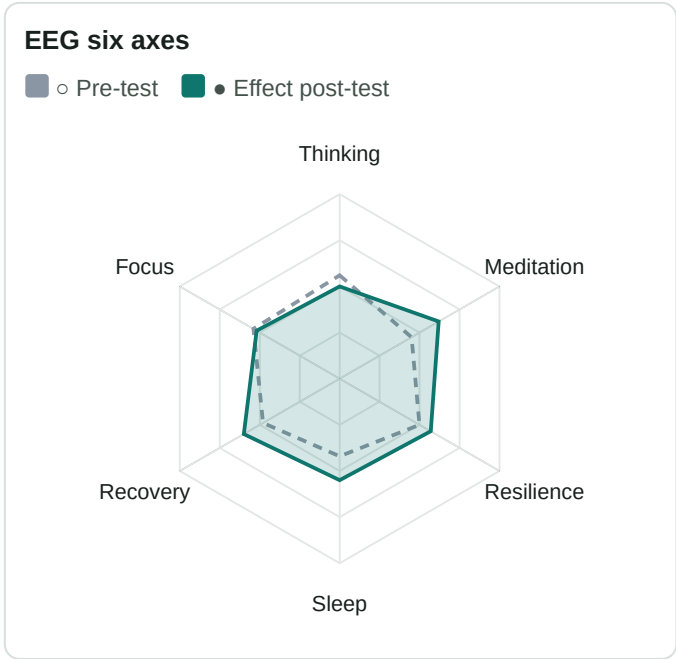
“Improved” = the Autonomic Age at the effect post-test is younger than at the pre-test by more than the “no clear change” band; the bands are the same as in the personal report. Single sessions are small, so shares are indicative only and should not be compared directly across sessions.

Autonomic Age (four axes) and heart rate: group averages

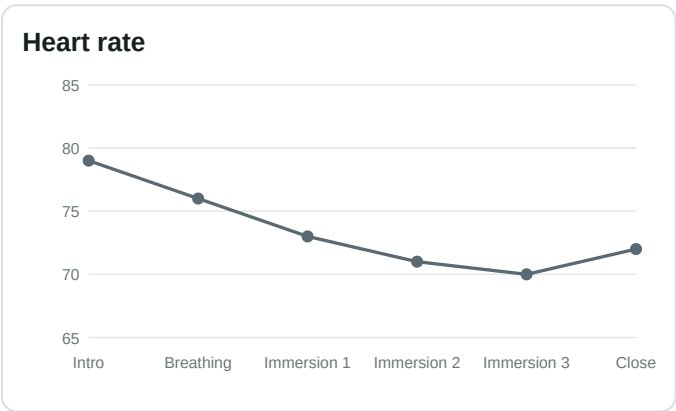
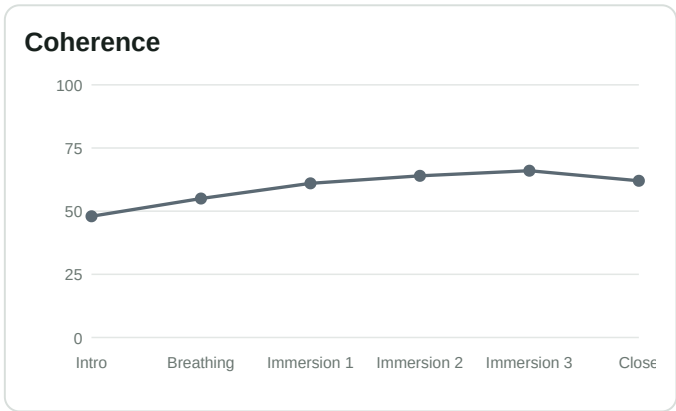
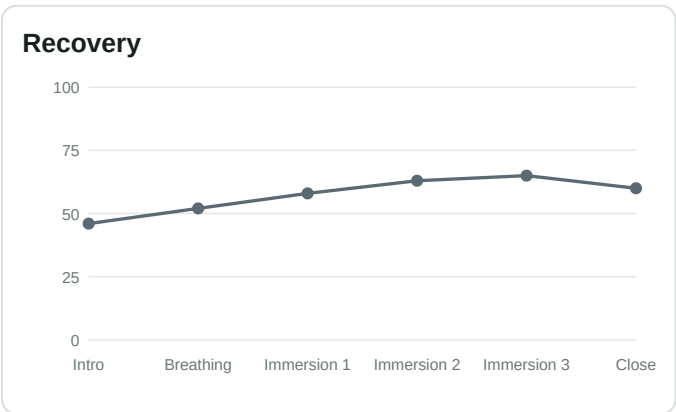
Age	People	○ Pre-test	● Effect post-test	Change	Improved
Parasympathetic regulation equivalent age	9	46 yrs	42 yrs	-4 yrs Improved ±5	6/9
Responsiveness equivalent age	9	50 yrs	45 yrs	-5 yrs Improved ±6	6/9
Rhythm fluency equivalent age LAB	2	—	—	—	—
Heart rate	9	79.2	73.6	-5.6 Improved ±3.1	8/9

Ages are the Autonomic Age derived for each axis (in years), not the difference from same-age peers; heart rate is in bpm; “improved” = younger at the post-test than at the pre-test, or a lower heart rate. Rhythm fluency equivalent age has 2 people, below the minimum of 3; values are not shown.

Six-axis radar: group averages



In-session course: group averages



Group average for each monitoring interval; interval names depend on the healing journey content.

Relaxation milestones and regulation patterns in this session (ATM)

Based on each person’s longest valid monitoring in this session. People with too little valid monitoring or coverage are listed as insufficient data and left out of the shares. Headcounts only, no personal rows.

10 assessable · Fewer than 3 with insufficient data

Cumulative stable relaxation (including deep settling)	Deep settling and sleep-like pattern	Entering relaxation
Reached 3 min9/10 90%	Any deep settling5/10 50%	Time to stable relaxation (median)7:00
Reached 5 min8/10 80%	Deep settling reached the threshold3/10 30%	Relaxed share of valid monitoring (mean)58.3%
Reached 10 min6/10 60%	Possible sleep-like pattern appearedFewer than 3	Any rapid regulation event9/10 90%
Settling time (start of downward regulation → stable relaxation)	Regulation patternLAB	After relaxingLAB
Fast (within 1:00)4/10 40%	Direct settling4/10 40%	Rose again after relaxing (excluding the final third)5/10 50%
Typical (1:00–3:00)3/10 30%	Gradual settlingFewer than 3	Of these, rose only after a long relaxation3/10 30%
Slow (over 3:00)Fewer than 3	Settled after brief resistance3/10 30%	Back to awake in the final third (recharged and rising)3/10 30%
Median1:15	Settled after long resistanceFewer than 3	Relaxed again after risingFewer than 3
	FluctuatingFewer than 3	
	Did not relax0/10 0%	

The deep-settling threshold is a share of each person’s valid monitoring time (with a floor and a cap); in this session it was 5:00–8:00.

Regulation patterns are descriptive categories assigned by fixed, ordered rules (LAB): data are still limited and thresholds may change. They are not a diagnosis and do not mean better or worse. Each person is given one pattern.

About this data

- The four Autonomic Age axes (parasympathetic regulation, regulatory capacity, responsiveness, rhythm fluency LAB) are derived from the same 5-minute stretch of heartbeat intervals; only group averages and headcounts are shown, with no personal data.
- Anonymity threshold: any group with fewer than 3 people is not output.

- This report is not for medical use and is not a basis for diagnosis or treatment.

The figures above are observational data from participants before and after the activity. They do not show causation and are not evidence of medical efficacy.

Heart rate, heart rate variability (HRV) and equivalent ages in this report are observational indicators calculated from wearable-device data and reference norms. They are affected by the device, how it is worn, posture, environment and how the person feels that day, and do not represent physiological age, health status or disease risk.

This template uses fictional sample data and does not represent any real organization or person.