

What happened in this period and what needs attention. Per-session average, for internal operations.

Purpose: managing sessions and usage. Basis: per-session average (single stage). Anonymity threshold: 3 people for charts. To cite externally → ESG Impact Report; to find causes → Advanced Analysis.

Period summary

20 sessions | 120 attendances | 41 people | Per-session average | 2026-09

Sessions

20

vs previous +3

Attendances

120

vs previous +16

People

41

vs previous +5

Average people per session

6.0

vs previous −0.1

Average minutes attended

55.2

vs previous +2.4

New participants

13

vs previous −2

1 more session ended without starting.

Needs attention

Date and time	Session	Healing journey	Issue	Details
2026-09-03 12:30	R101	T1 Easing into Sleep	No one joined	—
2026-09-10 17:30	R103	T3 Calm Body and Mind	Low pre-test readiness	HRV 6, ready 2
2026-09-17 12:30	R104	T5 Focus Recharge	Missing valid pre/post-test	HRV 5, valid 1
2026-09-24 14:00	R106	T3 Calm Body and Mind	Data not uploaded or late	With device 7, uploaded 5, late 2

Listed automatically: sessions with no one or cancelled, sessions with pre-test readiness below 50%, sessions where people joined but no valid pre/post-test exists, and sessions with uploads more than 24 hours late. Each item opens the session.

Usage

Weekday × hour (attendances)

	9	10	11	12	13	14	15	16	17	18
Mon		3		8		6			5	
Tue			4	9			5			4
Wed	2			10		7			6	
Thu			5	7				6		3
Fri		4		6			5			
Sat										
Sun										

Organization time zone. Darker means more attendances.

Healing journey ranking

Healing journey	Sessions	Attendances	People	Average m
T3 Calm Body and Mind	7	46	29	
T1 Easing into Sleep	5	31	22	
T5 Focus Recharge	4	24	17	
T7 Free Meditation	4	19	13	

Devices and data quality

Participant device mix

No device EEG HRV EEG + HRV

Attendances 12% 58% 22%

Data quality

Pre-test readiness 78%

Valid pre/post-test share 84%

Pre-test readiness: in sessions with a countdown, the share of HRV participants who pressed Ready. Valid pre/post-test share: share of attendances where both the pre-test and the effect post-test passed quality checks.

Results snapshot

Per-session average, for internal operations. For external use, cite the ESG Impact Report.

Metric	○ Pre-test	● Effect post-test	Change	★ Best in session
Heart rate	78.9 bpm	73.4 bpm	-5.5	68.7 bpm
RMSSD (Relaxation)	27.9 ms	35.4 ms	+7.5	47.6 ms
SDNN (Regulation, reference)	40.6 ms	47.9 ms	+7.3	60.2 ms
Parasympathetic regulation equivalent age	47.6 yrs	43.4 yrs	-4.2	37.1 yrs

Awake per session

22.1 min

Settling per session

8.6 min

Stable relaxation per session

11.9 min

Deep settling per session

3.4 min

Trophies (gold / silver / bronze)

31 / 42 / 27

Reflects engagement and participation, not physiological effect

Details: session list

Date and time	Session	Healing journey	Host	People	Valid pre/post	Total minutes	Status
2026-09-26 14:00	R107	T3 Calm Body and Mind	3F meeting room	8	7	440	Settled
2026-09-24 14:00	R106	T3 Calm Body and Mind	3F meeting room	7	5	385	Settled
2026-09-19 12:30	R105	T1 Easing into Sleep	B1 lounge	6	6	348	Settled
2026-09-17 12:30	R104	T5 Focus Recharge	B1 lounge	5	1	255	Settled
2026-09-10 17:30	R103	T3 Calm Body and Mind	3F meeting room	6	4	330	Settled

The “Individual progress” tab requires per-person viewing permission and is not shown in this template. The whole page can be exported as CSV.

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