

# Heart Rate Variability (HRV) Chart

The following age and gender charts are to be used as guidelines ONLY and are not definite. If you raise any concerns, it is advised to seek professional opinions.

Patient Name: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

## HRV by Age

Age Group	Average HRV (ms)
20-29	750
30-39	650
40-49	550
50-59	450
60-69	350

## HRV by Gender

Gender	Average HRV (ms)
Male	650
Female	620

## HRV Measurement

Measurement Time	HRV (ms)
00:00	
00:30	
01:00	
01:30	
02:00	

02:30	
03:00	
03:30	
04:00	
04:30	