HRV Survey. This survey allows the instructor to monitor the successful purchase and use of the app by students.

Question 1

Were you able to download the app to your phone?

No

Yes

Question 2

Does the app seem to work on your phone?

No

Yes

Question 3

Were you able to get a good quality measure of your heart rate variability using the app?

No

Yes

Question 4

If you were not able to successfully use the app to sample your pulse and heart rate variability, please explain what happened. I will try to help you to the best of my ability.