**Inner Balance Scan Report**

**Name:** John Smith  
**Date:** 12-04-2008  
**Sex:** Male  
**Duration:** 05:00  
**Date of Birth:** 4/18/1960  
**Mode:** PRE-POST

**PRE-TEST** (Quality of the test data is acceptable.)

**INNER BALANCE**
The body's regulatory system is in balance; both stimulating and calming activities are above their normal ranges. This pattern is typical for healthy individuals, athletes reflecting healthy functional stress ("fight or flight" response).

**REGULATORY EFFORT**
The strength of overall regulatory capabilities exceeds normal range. This may be due to substantial heartbeat irregularity, signal artifacts or presence of any health condition that has excessive effect on autonomic regulation. If such pattern systematically appears in this report, it is recommended to check if you are getting clean pulse wave signal and heart rate graphs. If you are sure the test data is accurate, consult with your doctor.

**POST-TEST** (Quality of the test data is acceptable.)

**INNER BALANCE**
The body's regulatory system is nearly in balance; stimulating activity is within normal range while calming activity is at borderline. This is an indication of proximity to achieve the inner balance. Meanwhile it is recommended to closely watch for test results to catch any negative tendency.

**REGULATORY EFFORT**
The strength of overall regulatory capabilities is in normal range. This is an indication of healthy regulatory performance.