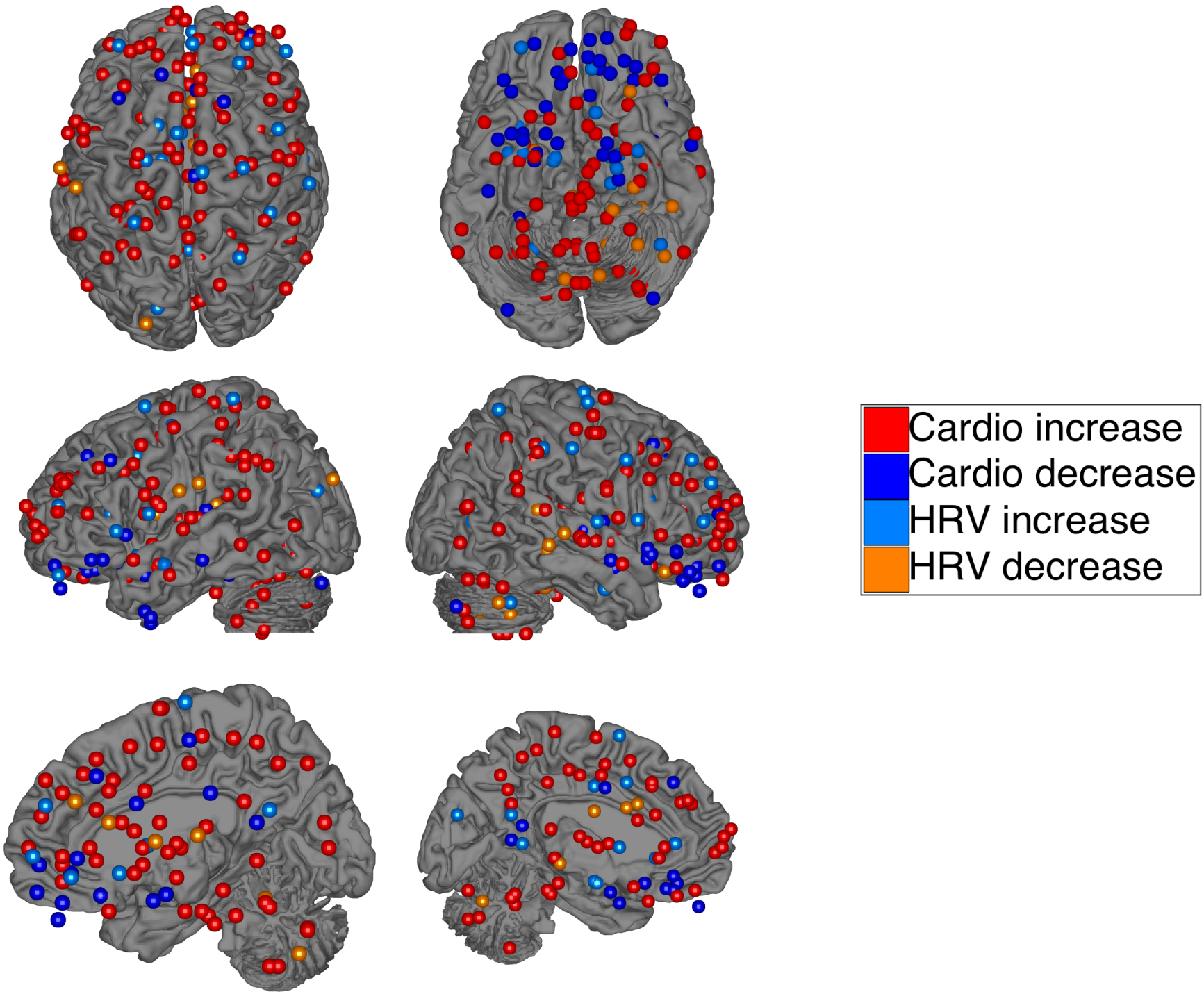
Cardio increase
Cardio decrease
HRV increase
HRV decrease