The graphs show the change in Tm (°C) and HR (b/min) over time for different days and conditions.

- **Tm (°C)**: The graphs depict the temperature changes over 45 minutes, with data points for Day 0 P, Day 0 I, Day 30 P, and Day 30 I.

- **HR (b/min)**: The graphs illustrate heart rate changes over the same time period, with clear trends for the same conditions.

The data suggests a consistent pattern across different days and conditions.