

```
#include <Wire.h>
#include "Adafruit_DRV2605.h"

Adafruit_DRV2605 drv;

void setup() {
  Serial.begin(9600);
  drv.begin();
  drv.selectLibrary(1);
  drv.setMode(DRV2605_MODE_INTTRIG);
}

uint8_t effect = 10; //setting vibration effect
int heartRate = 60; //user heart rate
int interval = 60000 / (heartRate*.8); //calculate delay between vibrations

void loop() {
  drv.setWaveform(0, effect); // start effect
  drv.setWaveform(1, 0);      // end effect

  drv.go(); //activate effect
  if(interval<1250) //change interval if it is too big
    interval = 1250;
  // delay using the given interval
  delay(interval);
}
```