



FIRSTBEAT

LIFESTYLE ASSESSMENT
REPORT:
INTERPRETATION OF THE
NEW SCORES

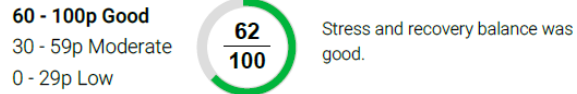


WHAT DOES IT LOOK LIKE?

DAILY REPORT

STRESS AND RECOVERY

STRESS AND RECOVERY BALANCE



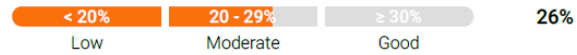
AMOUNT OF STRESS REACTIONS

10h 46min



AMOUNT OF RECOVERY (day & night)

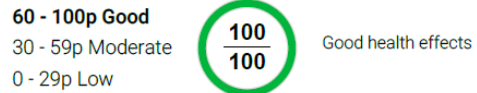
6h 8min



A lot of recovery during the daytime (1h 28min).

PHYSICAL ACTIVITY

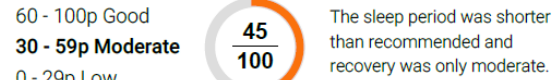
HEALTH EFFECTS OF PHYSICAL ACTIVITY



DURATION OF PHYSICAL ACTIVITY	Light	Moderate	Vigorous
	1h 11min	41min	17min

SLEEP

RESTORATIVE EFFECT OF SLEEP

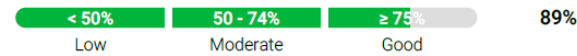


LENGTH OF SLEEP

5h 15min (Poor)

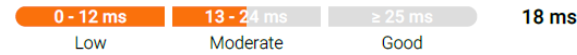
AMOUNT OF RECOVERY DURING SLEEP

4h 40min



QUALITY OF RECOVERY (Heart rate variability)

18 ms



SELF-REPORTED SLEEP QUALITY

ENERGY EXPENDITURE

TOTAL ENERGY EXPENDITURE

2694 kcal

- Vigorous & moderate physical activity 381 kcal
- Light physical activity 243 kcal
- Other 2070 kcal

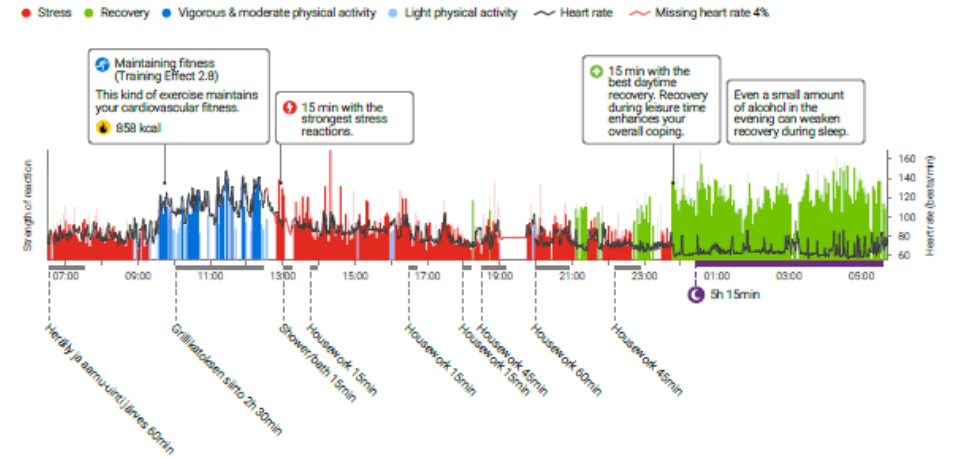
STEPS

6694

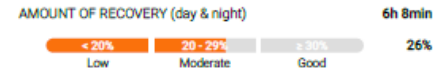
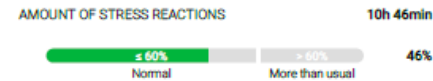
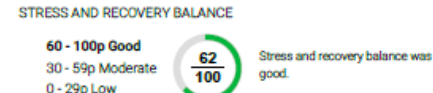
LIFESTYLE ASSESSMENT

Person: Busy Manager			
Age	63	Activity Class	4.0 (Average)
Height (cm)	174	Resting heart rate	55
Weight (kg)	82	Max. heart rate	169
Body Mass Index	27.1		

Measurement:	
Start time	Tue 17.06.2014 06:30
Duration	23h 15min
Heart rate (low/avg/high)	55 / 79 / 148
Additional information: Alcohol 1 unit	

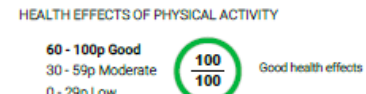


STRESS AND RECOVERY



A lot of recovery during the daytime (1h 28min).

PHYSICAL ACTIVITY



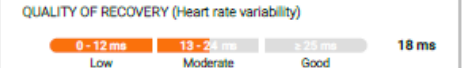
DURATION OF PHYSICAL ACTIVITY	Light	Moderate	Vigorous
	1h 11min	41min	17min

SLEEP



LENGTH OF SLEEP

5h 15min (Poor)



SELF-REPORTED SLEEP QUALITY

ENERGY EXPENDITURE

- 2694 kcal
- Vigorous & moderate physical activity 381 kcal
 - Light physical activity 243 kcal
 - Other 2070 kcal

STEPS

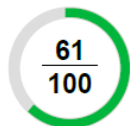
6694

WHAT DOES IT LOOK LIKE?

SUMMARY REPORT

LIFESTYLE ASSESSMENT SCORE

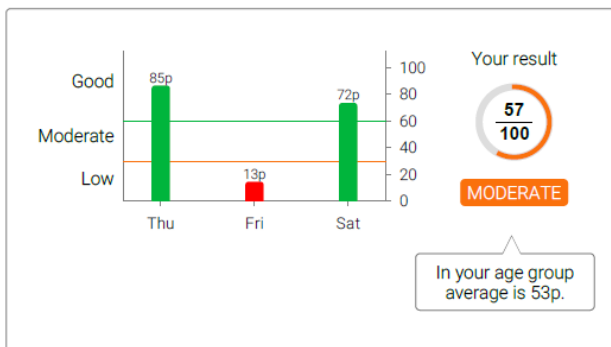
The score is based on your combined stress and recovery, sleep and physical activity result. By improving these areas, you can promote your well-being and improve your Lifestyle Assessment score.



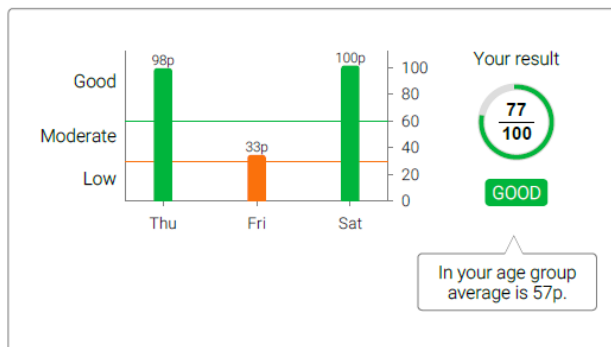
85 - 100p Excellent
 60 - 84p **Good**
 30 - 59p Moderate
 15 - 29p Low
 0 - 14p Very low

The average score of all Lifestyle Assessment participants is 55p.

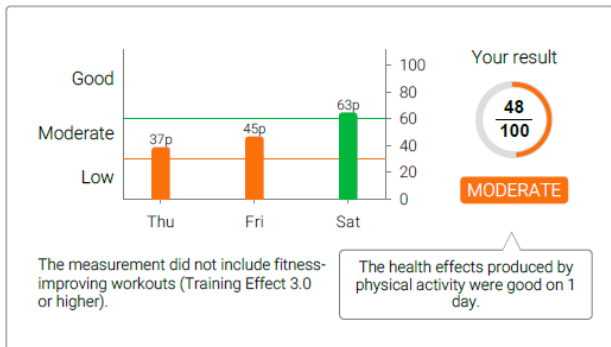
STRESS AND RECOVERY BALANCE



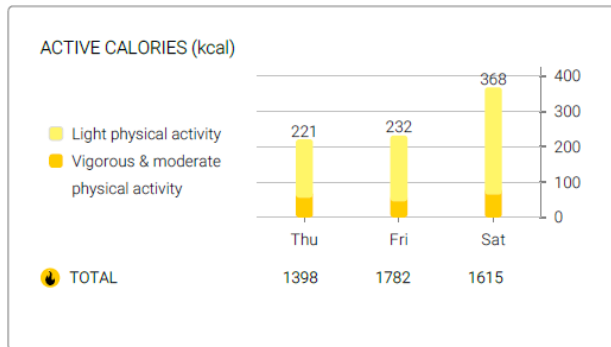
RESTORATIVE EFFECT OF SLEEP



HEALTH EFFECTS OF PHYSICAL ACTIVITY



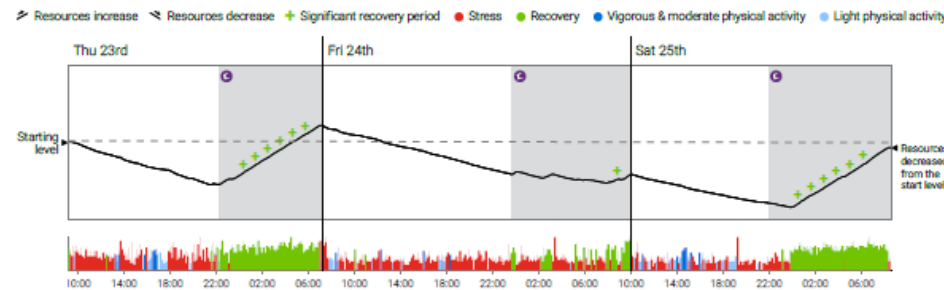
ENERGY EXPENDITURE



LIFESTYLE ASSESSMENT SUMMARY

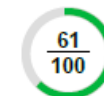
Person: Ellie Example			Assessment: 23.02.2012 - 25.02.2012	
Age	42	Activity Class	6.0 (Good)	Additional information:
Height (cm)	158	Resting heart rate	46	Alcohol: Fri 24th (4 units)
Weight (kg)	51	Max. heart rate	175	
Body Mass Index	20.4			

BODY RESOURCES



LIFESTYLE ASSESSMENT SCORE

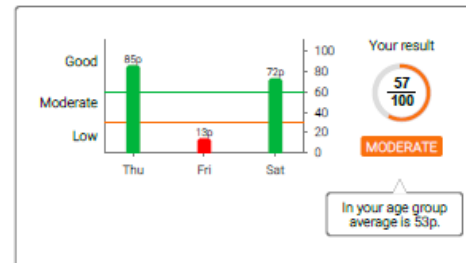
The score is based on your combined stress and recovery, sleep and physical activity result. By improving these areas, you can promote your well-being and improve your Lifestyle Assessment score.



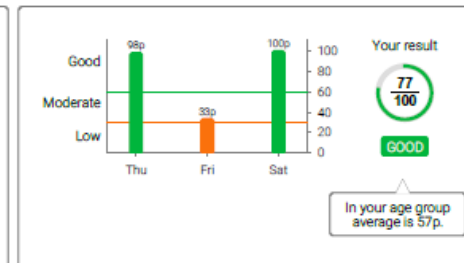
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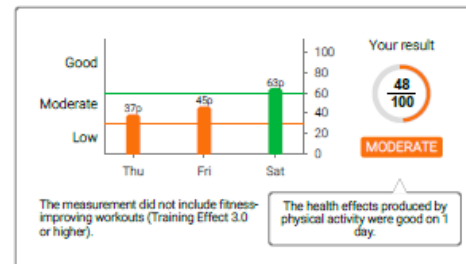
STRESS AND RECOVERY BALANCE



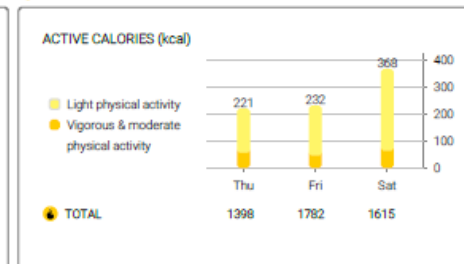
RESTORATIVE EFFECT OF SLEEP



HEALTH EFFECTS OF PHYSICAL ACTIVITY



ENERGY EXPENDITURE

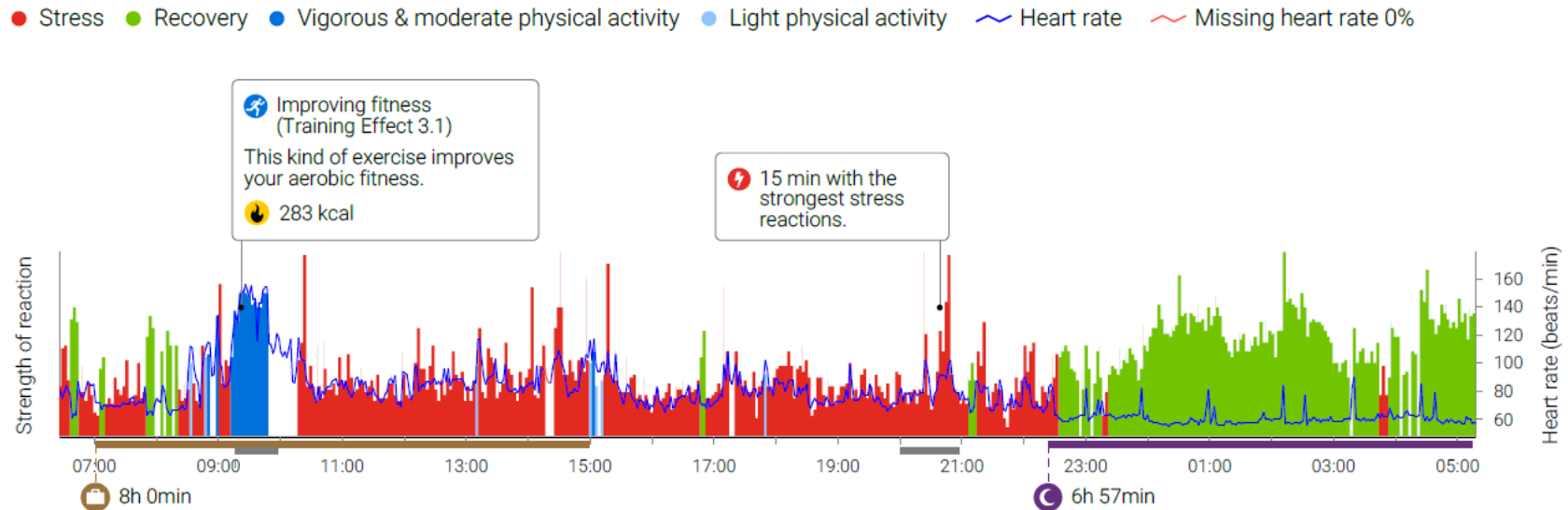


THE “KEY QUESTIONS” REMAIN THE SAME!

What are the health and fitness effects of your exercise?

Do you recover during the day?

Is your sleep restorative?

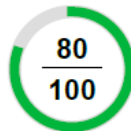


HEALTH EFFECTS OF PHYSICAL ACTIVITY

60 - 100p Good

30 - 59p Moderate

0 - 29p Low



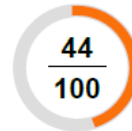
Good health effects

STRESS AND RECOVERY BALANCE

60 - 100p Good

30 - 59p Moderate

0 - 29p Low



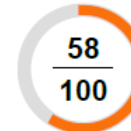
Stress and recovery balance was moderate.

RESTORATIVE EFFECT OF SLEEP

60 - 100p Good

30 - 59p Moderate

0 - 29p Low



The sleep period was shorter than recommended and recovery was only moderate.

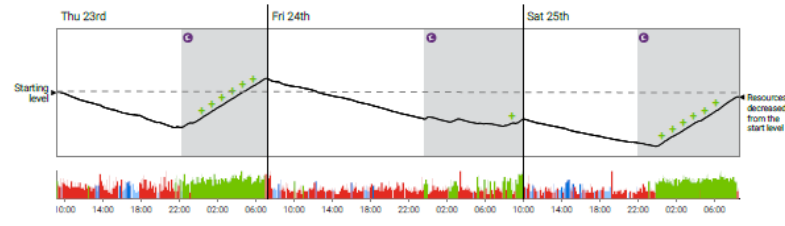
BENEFITS OF THE NEW SCORES

LIFESTYLE ASSESSMENT SUMMARY

Person: Ellie Example		Assessment: 23.02.2012 - 25.02.2012	
Age	42	Activity Class	6.0 (Good)
Height (cm)	158	Resting heart rate	46
Weight (kg)	51	Max. heart rate	175
Body Mass Index	20.4	Additional Information: Alcohol: Fri 24th (4 units)	

BODY RESOURCES

Resources increase Resources decrease Significant recovery period Stress Recovery Vigorous & moderate physical activity Light physical activity

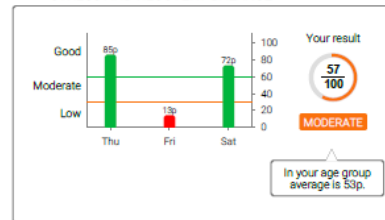


LIFESTYLE ASSESSMENT SCORE

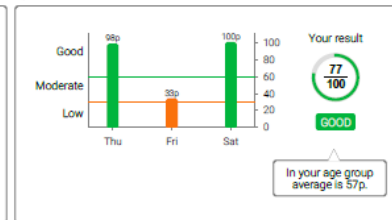
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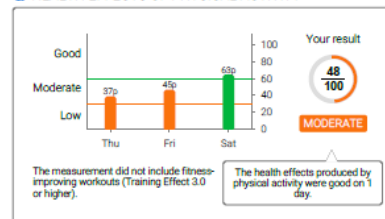
STRESS AND RECOVERY BALANCE



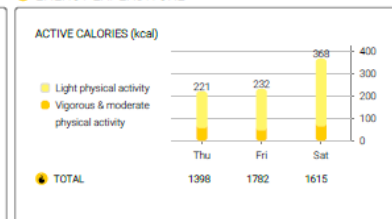
RESTORATIVE EFFECT OF SLEEP



HEALTH EFFECTS OF PHYSICAL ACTIVITY



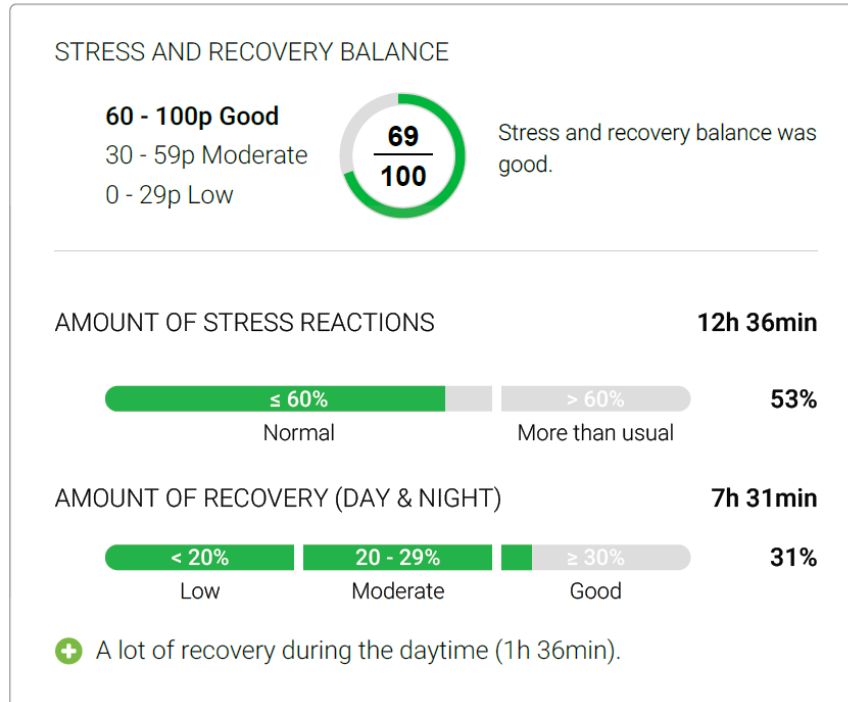
ENERGY EXPENDITURE



- Makes it easier to draw conclusions from the result.
- Helps identify and pinpoint individual development areas.
- Brings objectivity to interpretation of the result.
- Allows better (more concrete) comparisons between results (e.g. follow-up measurements).

STRESS AND RECOVERY BALANCE

⚡ + STRESS AND RECOVERY



In a nutshell: Stress and recovery balance describes the ability of the person to balance their stress and recovery in a meaningful way.

The score is determined by the total amount of recovery and stress during the 24h period, as well as the amount of recovery during the awake time.

Note! For optimal stress management, it's good to have some relaxing moments during the day. The stress and recovery balance takes this into account! With 5 min of recovery during the day, you can improve the score by 2 points.

- **100 points** is reached e.g. with:
A long, restorative sleep period and a good amount of daytime recovery. For example 9.5h of both stress and recovery, of which 2h of daytime recovery.
- **80 points** is reached e.g. with:
Good restorative effect of sleep and some daytime recovery. For example 7h 50min of recovery and 11h of stress. 1h 15min of recovery during the daytime.
- **60 points** is reached e.g. with:
A busy day, with only a little bit of recovery during the day, but it's balanced off by good recovery during sleep. For example, 7.5h of recovery and 13.5 h of stress. 15 min of daytime recovery.
- **40 points** is reached e.g. with:
Poor recovery during sleep, but a good amount of daytime recovery. For example, 5h of recovery overall, of which 1h 10min during the day.
- **20 points** is reached e.g. with:
A busy, stressful day followed by a short sleep and/or poor recovery during sleep, and no recovery during the day. For example, 4h 45min of recovery overall and 14h of stress.

STRESS AND RECOVERY BALANCE

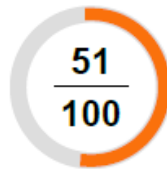
⚡ + STRESS AND RECOVERY

STRESS AND RECOVERY BALANCE

60 - 100p Good

30 - 59p Moderate

0 - 29p Low



Stress and recovery balance was moderate.

AMOUNT OF STRESS REACTIONS

11h 3min



AMOUNT OF RECOVERY (DAY & NIGHT)

5h 39min



+ A moderate amount of recovery during the daytime (36min).

The score (0-100p.) consists of the following (order of importance):

- 1) Amount of recovery in the 24h period
- 2) Recovery during the daytime
- 3) Amount of stress in the 24h period

Average result is 56p.

STRESS AND RECOVERY BALANCE 100p.

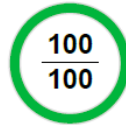
⚡ + STRESS AND RECOVERY

STRESS AND RECOVERY BALANCE

60 - 100p Good

30 - 59p Moderate

0 - 29p Low



Stress and recovery balance was good.

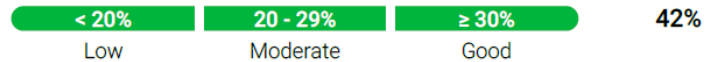
AMOUNT OF STRESS REACTIONS

8h 22min



AMOUNT OF RECOVERY (day & night)

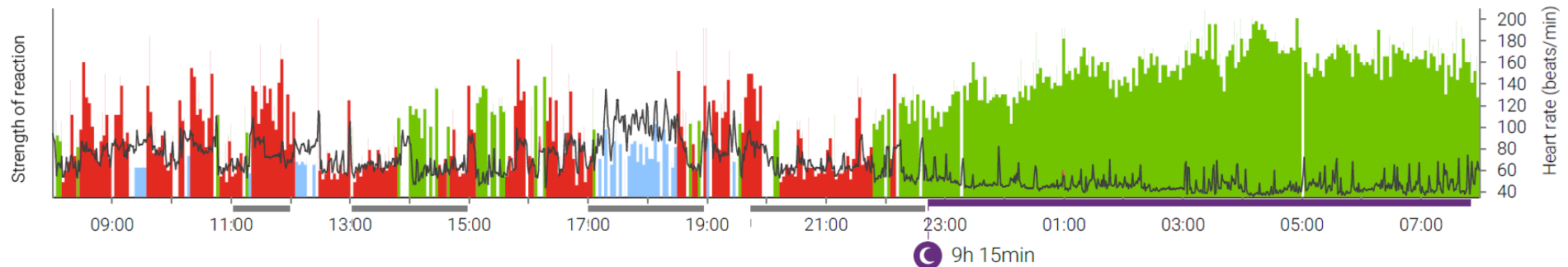
10h 9min



+ A lot of recovery during the daytime (1h 29min).

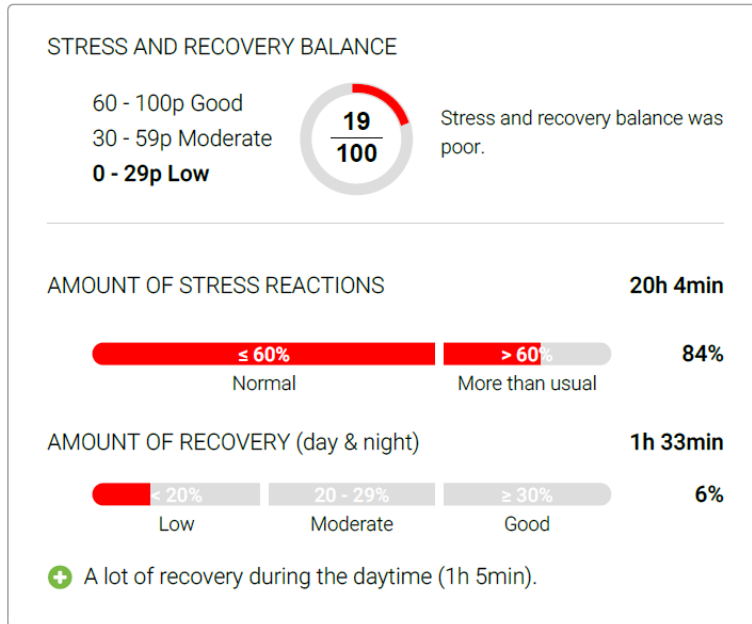
CASE: 39-year-old man, CEO, good fitness, normal weight

- Stress and recovery balance excellent.
- Amount of recovery during the 24h was good (42%), and there was plenty of daytime recovery, app. 1.5h.
- Amount of stress was fairly low (35%), considered normal daytime activation level and alertness.



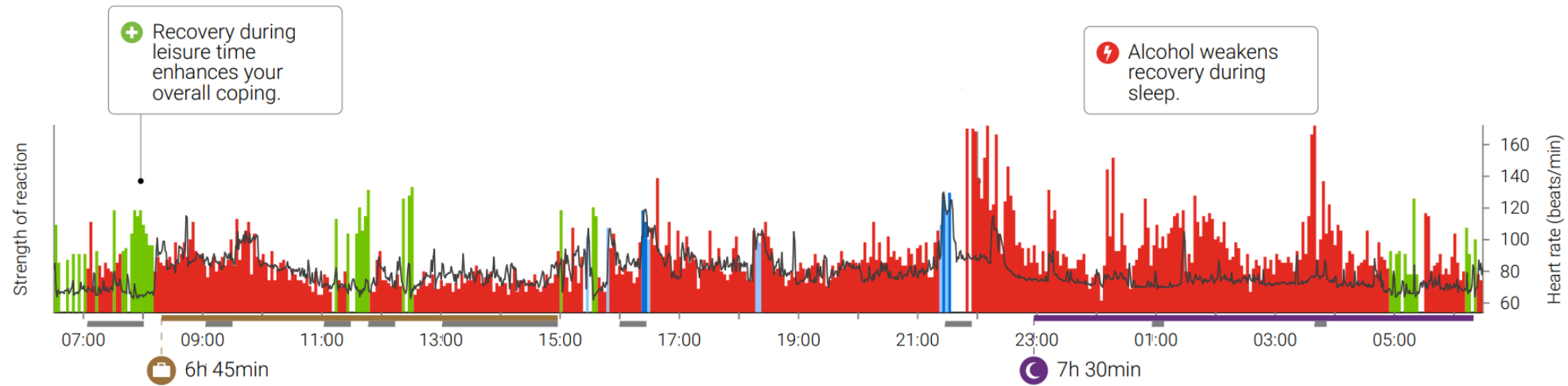
STRESS AND RECOVERY BALANCE 20p.

⚡ + STRESS AND RECOVERY



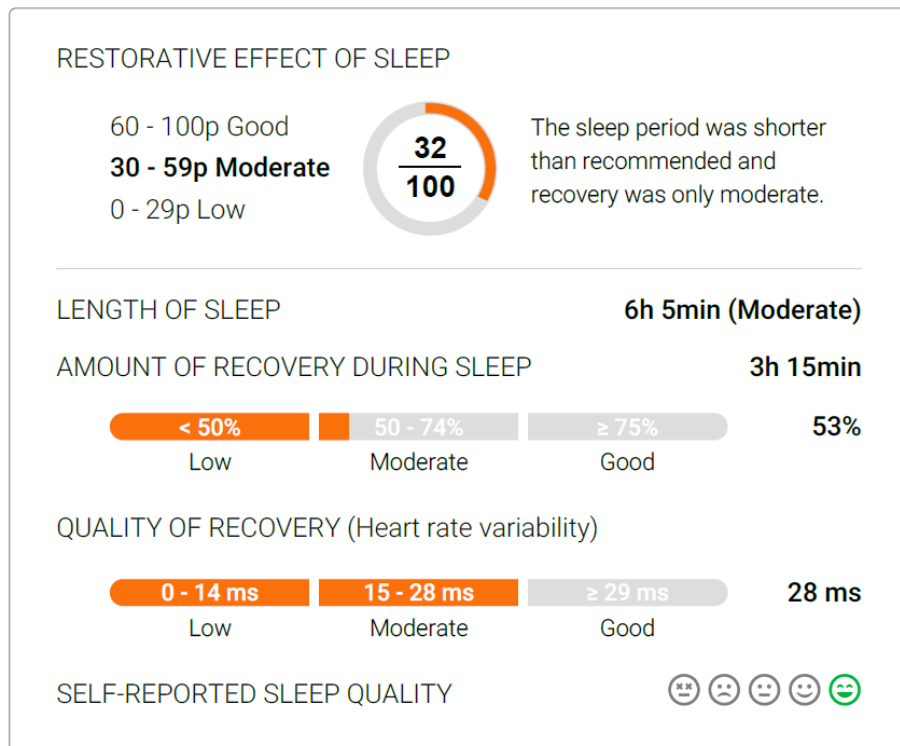
CASE: 53-yr-old woman, sales, moderate fitness, slight overweight

- Stress and recovery balance poor.
- Only 6% (1h 33min) of recovery during the 24 h period, most of which was during the day (1h 5min). Amount of stress 84%.
- Sleep duration was good, but 5 units of alcohol "blocked out" good recovery almost completely.



RESTORATIVE EFFECT OF SLEEP

SLEEP



Note! There are individual differences in need for sleep, but it's well known that sufficient recovery during sleep requires time. 7-9 hours of sleep is recommended for adults. By ensuring a long enough sleep, you can improve your chances of getting a good sleep score.

In a nutshell: For sleep to be restorative, it should be long enough and of good quality. The **restorative effect of sleep** is determined by considering sleep duration and the amount and quality of recovery during sleep.

- 100 points** is reached e.g. with:
Excellent sleep duration as well as the amount and quality of recovery. For example, 8h10min of sleep, of which 89% (7h15min) of recovery. Quality of sleep is very good.
- 80 points** is reached e.g. with:
Good sleep duration as well as the amount of quality of recovery. For example, 7h30min of sleep of which 6h20min (84%) of recovery. The quality of recovery is also at a good level.
- 60 points** is reached e.g. with:
Sleep duration and amount of recovery just meet the recommended level. For example, 7h of sleep, of which 5h15min (75%) of recovery. The quality of recovery is moderate.
- 40 points** is reached e.g. with:
A fairly short sleep, with moderate amount and quality of sleep. For example, 6.5h of sleep, of which 62% (4h) of recovery. The quality of recovery is moderate.
- 20 points** is reached e.g. with:
A short sleep and a poor amount & quality of recovery. For example, 4h 50min of sleep, of which only 2h20min (48%) of recovery. The quality of recovery is at a low level.

RESTORATIVE EFFECT OF SLEEP

SLEEP

RESTORATIVE EFFECT OF SLEEP

60 - 100p Good

30 - 59p Moderate

0 - 29p Low



The sleep period was long enough, but recovery was only moderate.

LENGTH OF SLEEP

7h 15min (Good)

AMOUNT OF RECOVERY DURING SLEEP

4h 51min



QUALITY OF RECOVERY (Heart rate variability)



SELF-REPORTED SLEEP QUALITY



The score (0-100p.) consists of the following (order of importance):

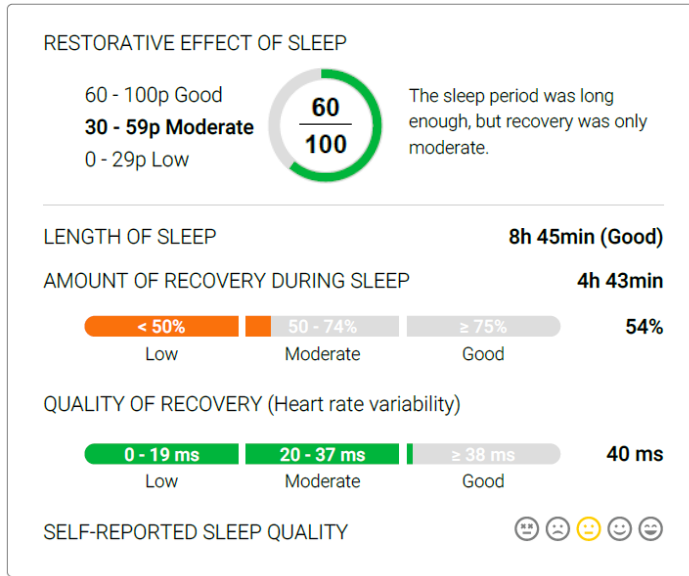
- 1) Amount of recovery during sleep
- 2) Quality of recovery
- 3) Sleep duration

Average result is 58p.

NOTE! Restorative sleep consists of a sufficiently long sleep period with good quality. You cannot get a perfect score if your sleep period is too short.

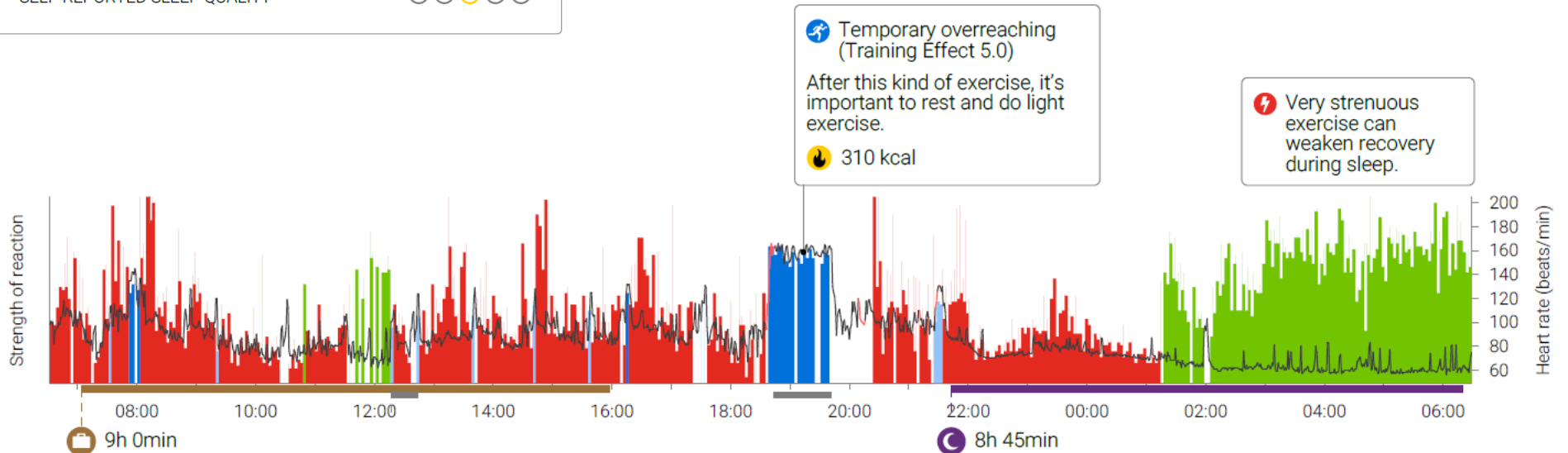
RESTORATIVE EFFECT OF SLEEP 60p.

SLEEP



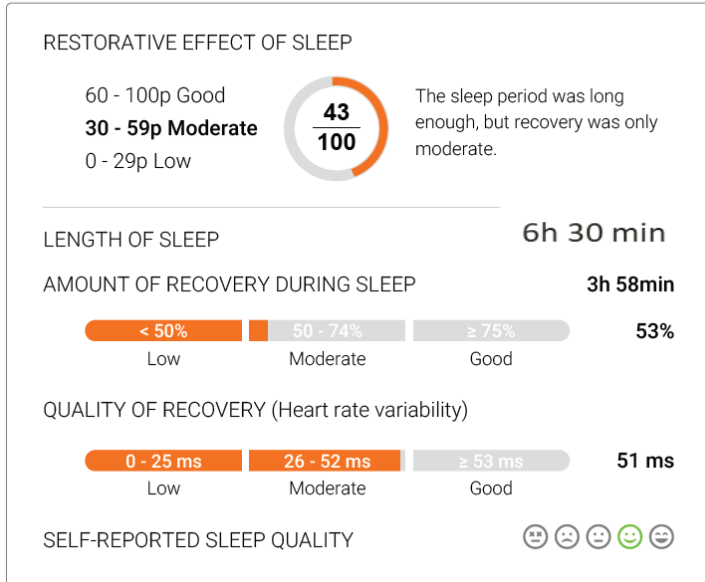
CASE: 23-yr-old woman, top fitness, normal weight

- Very intensive exercise in the evening delayed the start of recovery, and the amount of recovery was only 54%.
- Despite of the delayed recovery, sufficient sleep duration (8h 45min) and good quality of sleep (HRV 40ms) helped reach a good score (60p).



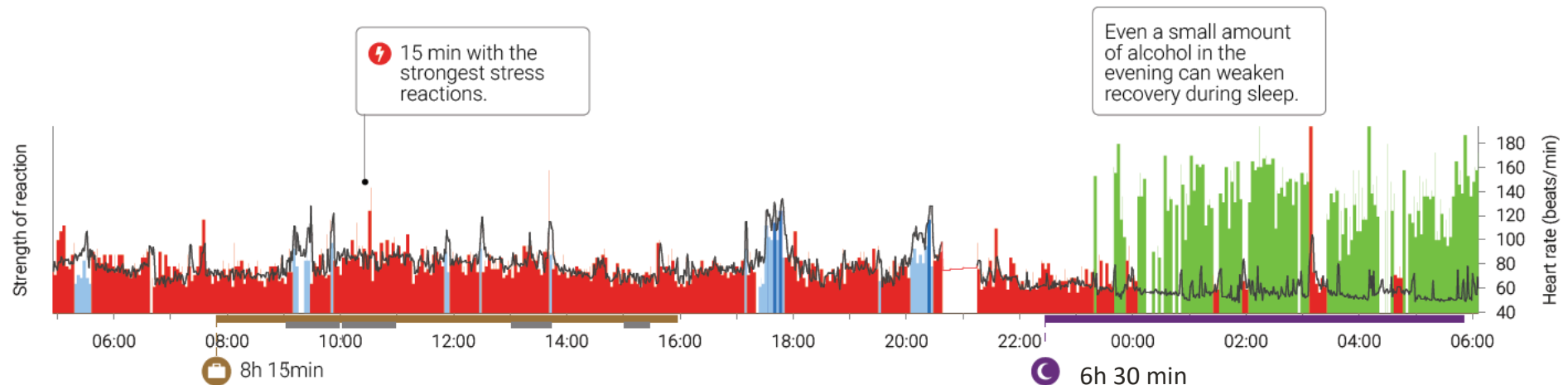
RESTORATIVE EFFECT OF SLEEP 40p.

SLEEP



CASE: 45-year-old woman, consultant, poor fitness, normal weight

- Restorative effect of sleep moderate.
- Amount of recovery, quality of recovery and sleep duration were moderate.



HEALTH EFFECTS OF PHYSICAL ACTIVITY

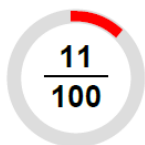
PHYSICAL ACTIVITY

HEALTH EFFECTS OF PHYSICAL ACTIVITY

60 - 100p Good

30 - 59p Moderate

0 - 29p Low



Minor health effects

DURATION OF PHYSICAL ACTIVITY

Light
10min

Moderate
5min

Vigorous
0min

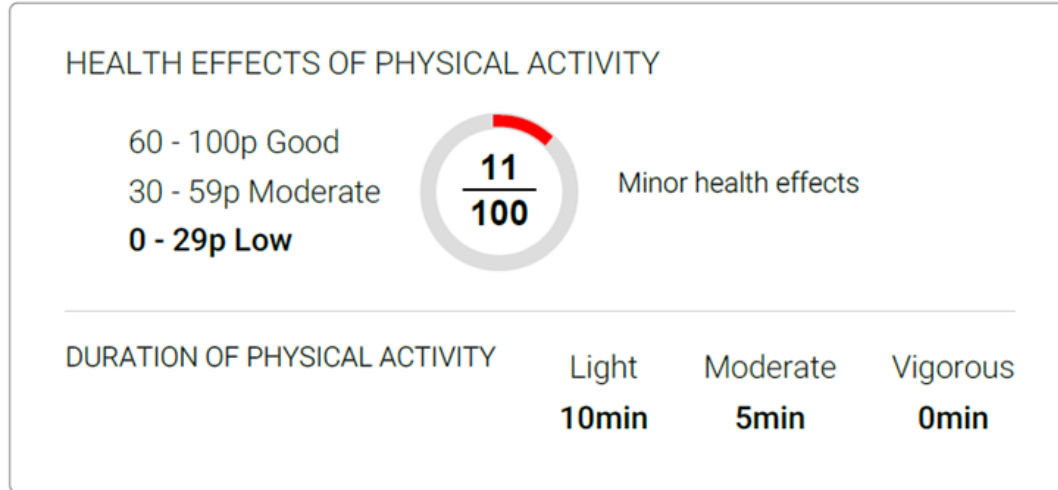
Note! For physical activity to produce optimal health effects, the intensity needs to be sufficient. Although any PA is better than none, moderate and vigorous PA accumulate health effects the most. You cannot get a good score (60p) with only light PA.

In a nutshell: The health effects of physical activity are determined by the duration, intensity and continuous nature of aerobic physical activity. According to global PA recommendations, 30 mins of moderate or 20 mins of vigorous PA produce good health effects.

- **100 points** is reached e.g. with:
For example 40min of vigorous exercise.
- **80 points** is reached e.g. with:
For example 30 min of vigorous and 30 min of moderate physical activity.
- **60 points** is reached e.g. with:
For example 25min of moderate and 45min of light PA .
- **40 points** is reached e.g. with:
For example 15min of moderate and 25min of light PA.
- **20 points** is reached e.g. with:
For example 8min of moderate and 30min of light PA (from a short bike ride to work and some easy walking around during the day).

HEALTH-EFFECTS OF PHYSICAL ACTIVITY

PHYSICAL ACTIVITY



The score (**0-100**) consists of the following variables:

- 1) Vigorous physical activity
- 2) Moderate physical activity
- 3) Light physical activity

Average result is 42p.

NOTE! This analysis measures how much the physical activity stresses your cardiovascular system. The effects of strength or speed training, pilates or flexibility exercise are not reflected here.

HEALTH-EFFECTS OF PHYSICAL ACTIVITY 100p.

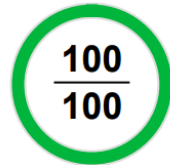
PHYSICAL ACTIVITY

HEALTH EFFECTS OF PHYSICAL ACTIVITY

60 - 100p Good

30 - 59p Moderate

0 - 29p Low



Good health effects

DURATION OF PHYSICAL ACTIVITY

Light	Moderate	Vigorous
8min	3min	44min

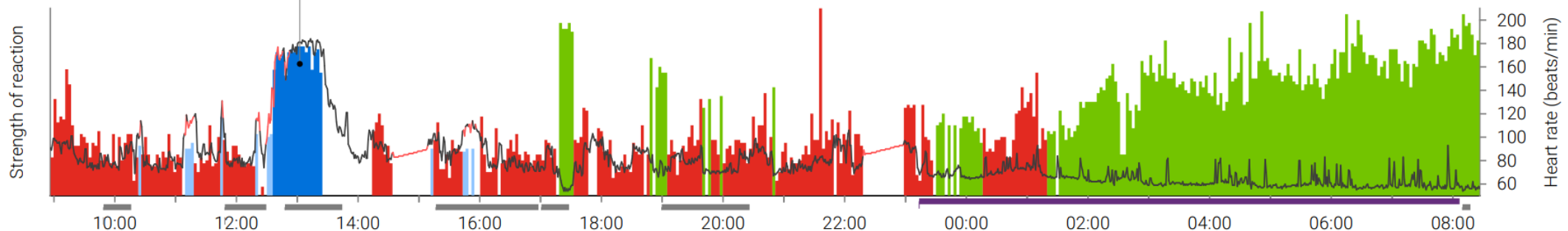
100p (Good) can be reached for example with:

- Vigorous physical activity > 34 min OR
- Moderate physical activity > 50 min
- Light physical activity by itself is not enough to achieve a good / perfect PA score.

CASE: 35-year-old man, good fitness, normal weight

- 45min brisk run of which 44 min vigorous PA, resulting in 100 p.
- The workout had a highly improving effect on aerobic fitness, and training effect was high (TE 4.3).
- This type of exercise weakens recovery temporarily, so it is important to follow it with easier recovery workouts.

Highly improving (Training Effect 4.3)
This kind of exercise improves your aerobic fitness significantly.
 352 kcal



HEALTH-EFFECTS OF PHYSICAL ACTIVITY 60p.

PHYSICAL ACTIVITY

HEALTH EFFECTS OF PHYSICAL ACTIVITY

60 - 100p Good

30 - 59p Moderate

0 - 29p Low



Good health effects

DURATION OF PHYSICAL ACTIVITY

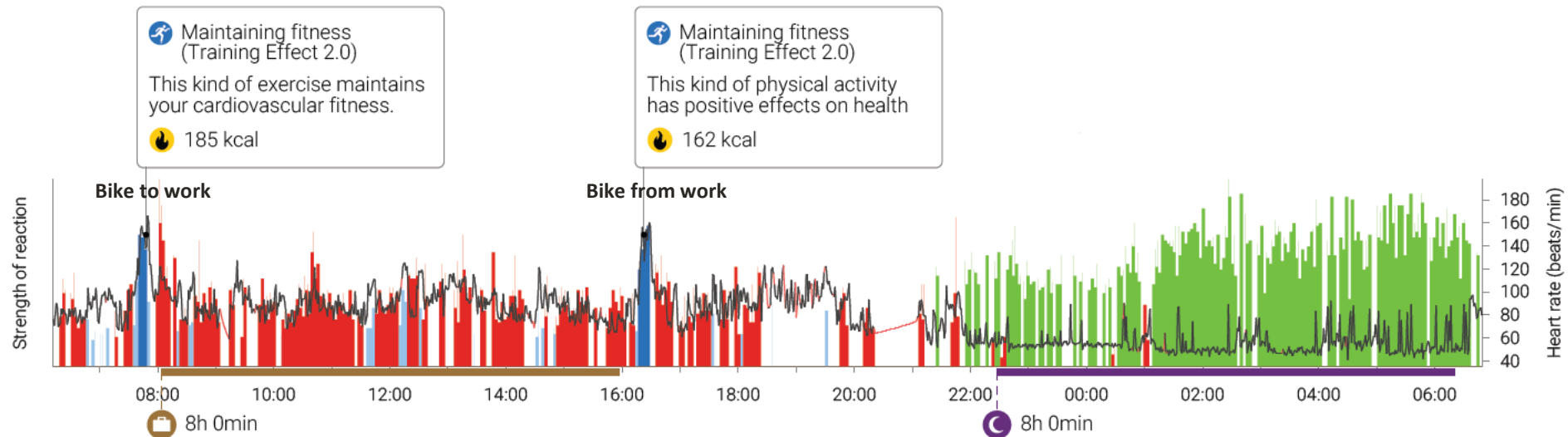
Light
1h 9min

Moderate
9min

Vigorous
8min

CASE: 27-year-old man, good fitness, normal weight

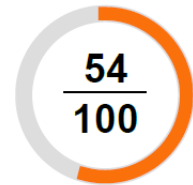
- Bike to and from work 4km, adding up to 8min vigorous and 9min moderate PA. In addition, app. 1h of light PA throughout the day.
- This amount gave him good health effects (60p).



OVERALL LIFESTYLE ASSESSMENT SCORE

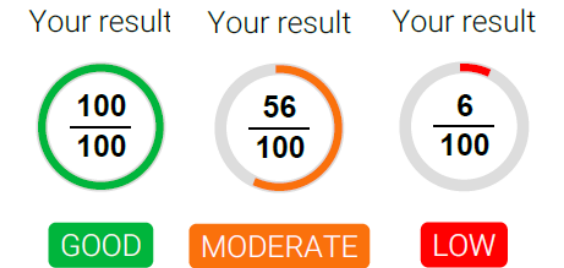
LIFESTYLE ASSESSMENT SCORE

The score is based on your combined stress and recovery, sleep and physical activity result. By improving these areas, you can promote your well-being and improve your Lifestyle Assessment score.



85 - 100p Excellent
60 - 84p Good
30 - 59p Moderate
15 - 29p Low
0 - 14p Very low

The average score of all Lifestyle Assessment participants is 55p.

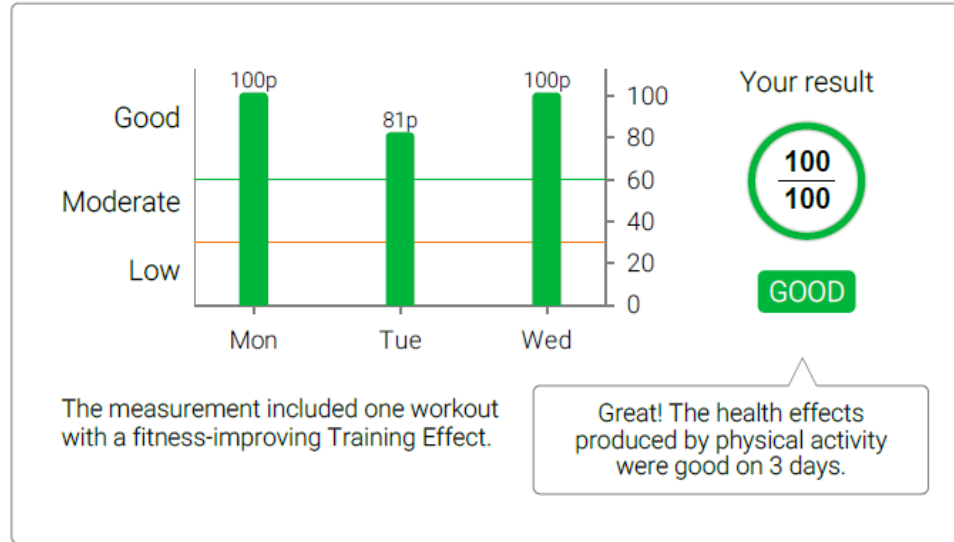


The score is based on the combined stress and recovery, sleep and physical activity result. By improving these areas, the person can promote his/her well-being and improve the Lifestyle Assessment score.

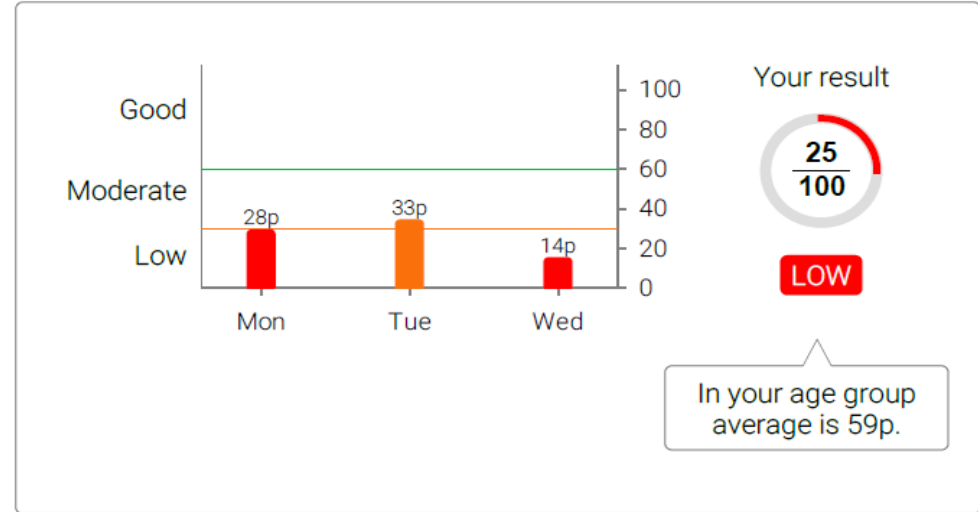
The score is calculated by giving each area (stress & recovery balance, restorative effect of sleep, and health effects of physical activity) a similar weight, i.e. each area has 1/3 impact on the overall score.

YOU CANNOT ACHIEVE / PERFORM A PERFECT DAY!

🏃 HEALTH EFFECTS OF PHYSICAL ACTIVITY

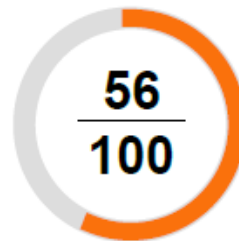


⚡ + STRESS AND RECOVERY BALANCE



LIFESTYLE ASSESSMENT SCORE

The score is based on your combined stress and recovery, sleep and physical activity result. By improving these areas, you can promote your well-being and improve your Lifestyle Assessment score.



- 85 - 100p Excellent
- 60 - 84p Good
- 30 - 59p Moderate
- 15 - 29p Low
- 0 - 14p Very low

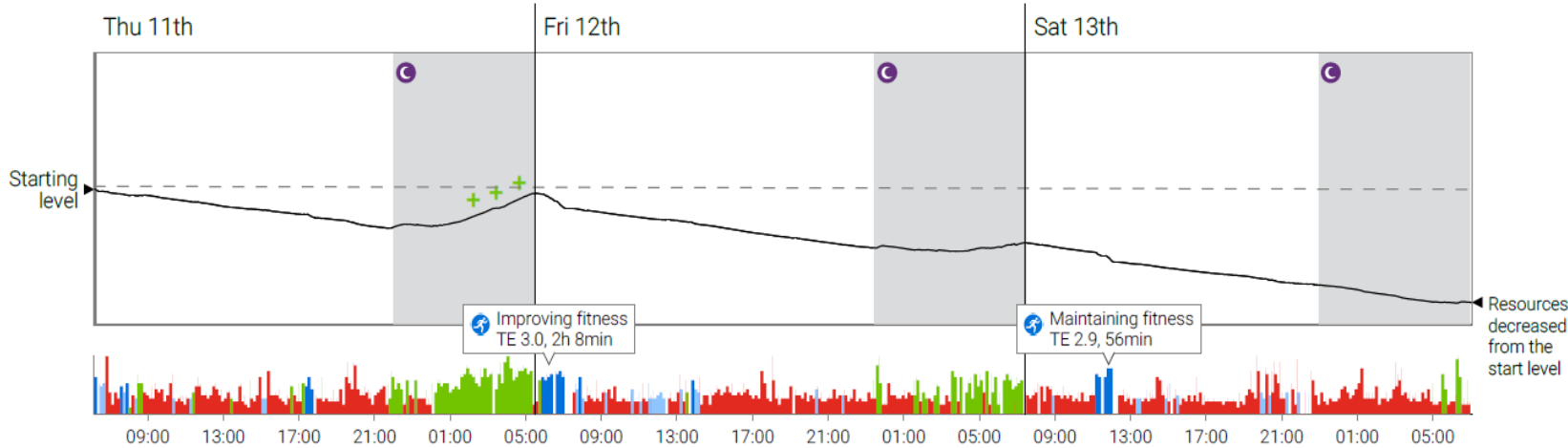
The average score of all Lifestyle Assessment participants is 55p.

A good day requires a good **balance between stress and recovery**, a **sufficiently long sleep period** as well as **physical activity** that is appropriate to your current fitness level.

BODY RESOURCES vs. LIFESTYLE ASSESSMENT SCORE

BODY RESOURCES

↗ Resources increase
 ↘ Resources decrease
 + Significant recovery period
 ● Stress
 ● Recovery
 ● Vigorous & moderate physical activity
 ● Light physical activity

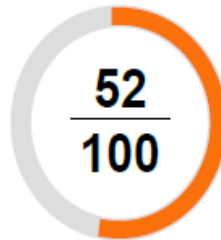


NOTE! Body Resources and Lifestyle Assessment Score consist of different variables, which is why the result can seem conflicting.

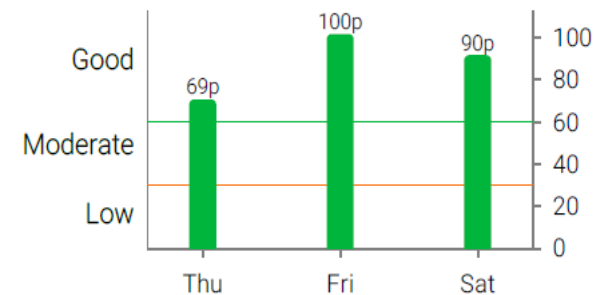
Body resources illustrates the sufficiency of recovery relative to stress (i.e. stress-recovery balance, restorative effect of sleep). **Lifestyle Assessment Score** is also influenced by the amount and intensity of physical activity. A good score cannot be reached if one of these areas is poor.

LIFESTYLE ASSESSMENT SCORE

The score is based on your combined stress and recovery, sleep and physical activity result. By improving these areas, you can promote your well-being and improve your Lifestyle Assessment score.



PHYSICAL ACTIVITY



Your result

