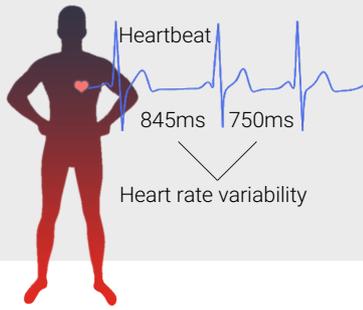


# Firstbeat Lifestyle Assessment

361308

# WHAT DOES THE LIFESTYLE ASSESSMENT TELL?



The Lifestyle Assessment will help you to manage stress, recover better and exercise right. The assessment is based on analysis of heart rate variability (HRV).

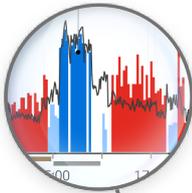
The goal is to find a balance between work and leisure and between activity and rest, and to identify one's strengths and development areas. It is not essential to eliminate stress, but to ensure sufficient recovery and find a manageable rhythm to life.

**Stress** means an elevated activation level in the body, and it can be positive or negative.

**Recovery** means a calming down of the body. Important recovery periods include sleep and peaceful moments during the day.

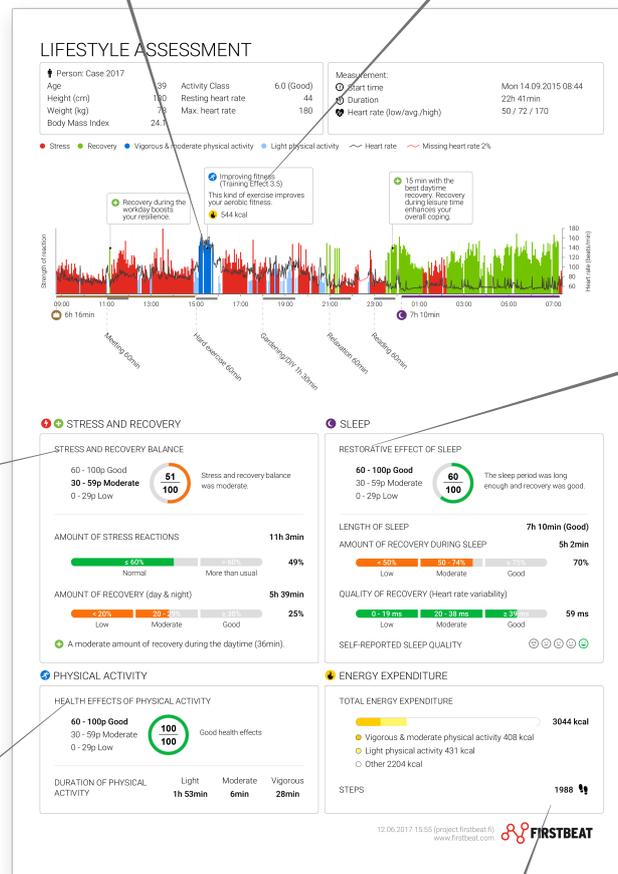
**Physical activity** means physical loading during which energy expenditure is significantly increased.

- Vigorous physical activity > 60%,
- moderate 40–60% and
- light < 40% of maximal capacity.



**Training Effect** tells the effect of an exercise session on personal fitness development (on a scale of 1-5).

- 5.0** Temporary overloading
- 4.0 >** Highly improving
- 3.0 >** Improving
- 2.0 >** Maintaining
- 1.0 >** Easy recovery



**Restorative effect of sleep** is influenced by sleep duration and the amount and quality of recovery during sleep.

**Length of sleep** is the period recorded in the journal, from going to bed to waking up.

**Amount of recovery** means the share of recovery during the sleep period.

**Quality of recovery** means the amount of heart rate variability during sleep. Age and heredity influence HRV, and age is considered in the reference values.



**Stress and recovery balance** consists of the total amount of stress and recovery, as well as recovery during the awake time.



**The health effects of physical activity** are based on the duration and intensity of aerobic physical activity. According to recommendations, for example 30 mins of moderate or 20 mins of vigorous physical activity produce good health effects.



**Steps** are recognized from the movement data and they accumulate during walking and running. Steps do not accumulate for example during cycling or very light movement. 10,000+ steps per day characterize a very active day.

# PRE-QUESTIONNAIRE REPORT

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Profile

361308

Measurement start date

03.03.2015

## QUESTIONNAIRE RESULTS

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I think I am physically active enough to get health benefits.	😊 Completely agree
I think my physical activity is intensive enough to improve my fitness.	😊 Completely agree
In my opinion, my eating habits are healthy.	😊 Partially agree
I feel that my alcohol consumption is not excessive.	😊 Completely agree
I don't generally feel stressed.	😞 Completely disagree
My days include breaks that allow me to recover.	😞 Partially disagree
I usually feel rested and energetic.	😐 Cannot say
I feel that I sleep enough.	😐 Cannot say
I feel that I can influence the things that affect my health.	😊 Completely agree
In my opinion, I feel well at the moment.	😊 Partially agree



Scale of answers:

Completely agree

Partially agree

Cannot say

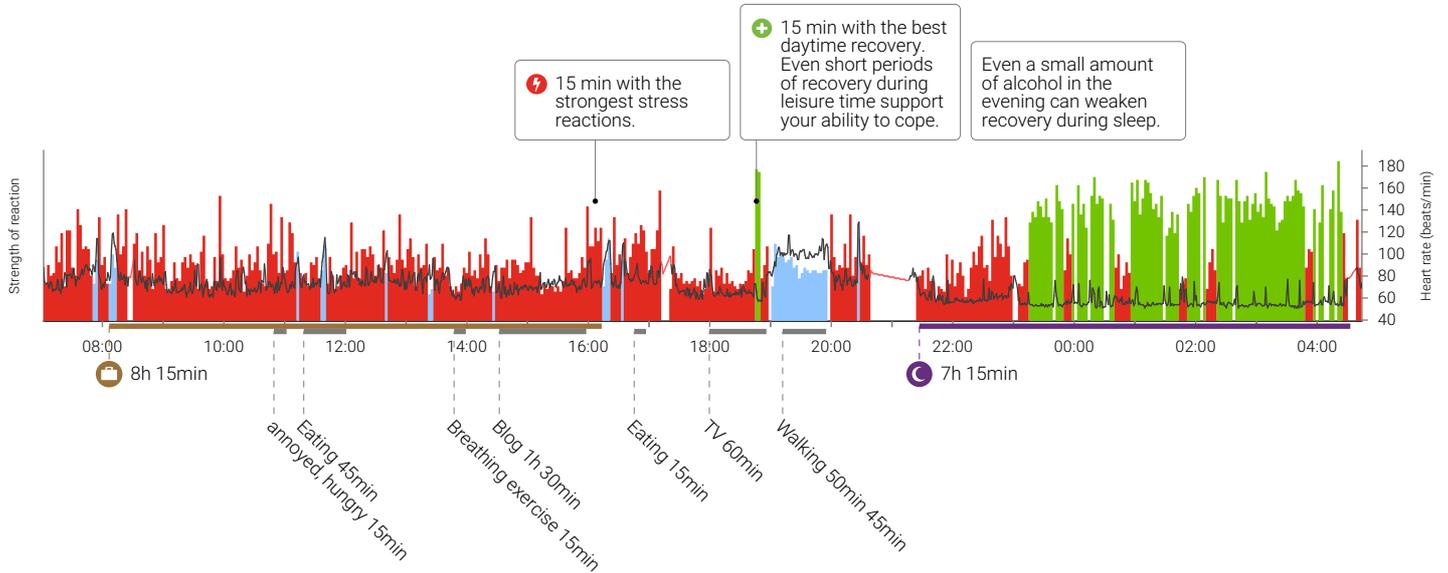
Partially disagree

Completely disagree

# LIFESTYLE ASSESSMENT

Person: 361308	Measurement:		
Age 23	Activity Class 6.0 (Good)	Start time	Tue 03.03.2015 07:01
Height (cm) 158	Resting heart rate 39	Duration	21h 43min
Weight (kg) 55	Max. heart rate 194	Heart rate (low/avg./high)	49 / 67 / 128
Body Mass Index 22.0		Additional information:	Alcohol 1 unit

● Stress 
 ● Recovery 
 ● Vigorous & moderate physical activity 
 ● Light physical activity 
 — Heart rate 
 — Missing heart rate 5%



## STRESS AND RECOVERY

**STRESS AND RECOVERY BALANCE**

60 - 100p Good  
30 - 59p Moderate  
0 - 29p Low

**21 / 100** Stress and recovery balance was poor.

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**AMOUNT OF STRESS REACTIONS 14h 21min**

≤ 60% Normal    > 60% More than usual    **66%**

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**AMOUNT OF RECOVERY (day & night) 3h 25min**

< 20% Low    20 - 29% Moderate    ≥ 30% Good    **16%**

+ A small amount of recovery during the daytime (3min).

## SLEEP

**RESTORATIVE EFFECT OF SLEEP**

60 - 100p Good  
30 - 59p Moderate  
0 - 29p Low

**35 / 100** The sleep period was long enough, but recovery was only moderate.

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**LENGTH OF SLEEP 7h 15min (Good)**

**AMOUNT OF RECOVERY DURING SLEEP 3h 22min**

< 50% Low    50 - 74% Moderate    ≥ 75% Good    **47%**

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**QUALITY OF RECOVERY (Heart rate variability) 42 ms**

0 - 25 ms Low    26 - 52 ms Moderate    ≥ 53 ms Good

**SELF-REPORTED SLEEP QUALITY** 😊 😐 😞 😄 😁

## PHYSICAL ACTIVITY

**HEALTH EFFECTS OF PHYSICAL ACTIVITY**

60 - 100p Good  
30 - 59p Moderate  
0 - 29p Low

**22 / 100** Minor health effects

---

**DURATION OF PHYSICAL ACTIVITY**

Light	Moderate	Vigorous
1h 34min	0min	0min

## ENERGY EXPENDITURE

**TOTAL ENERGY EXPENDITURE 1733 kcal**

- Vigorous & moderate physical activity 0 kcal
- Light physical activity 346 kcal
- Other 1387 kcal

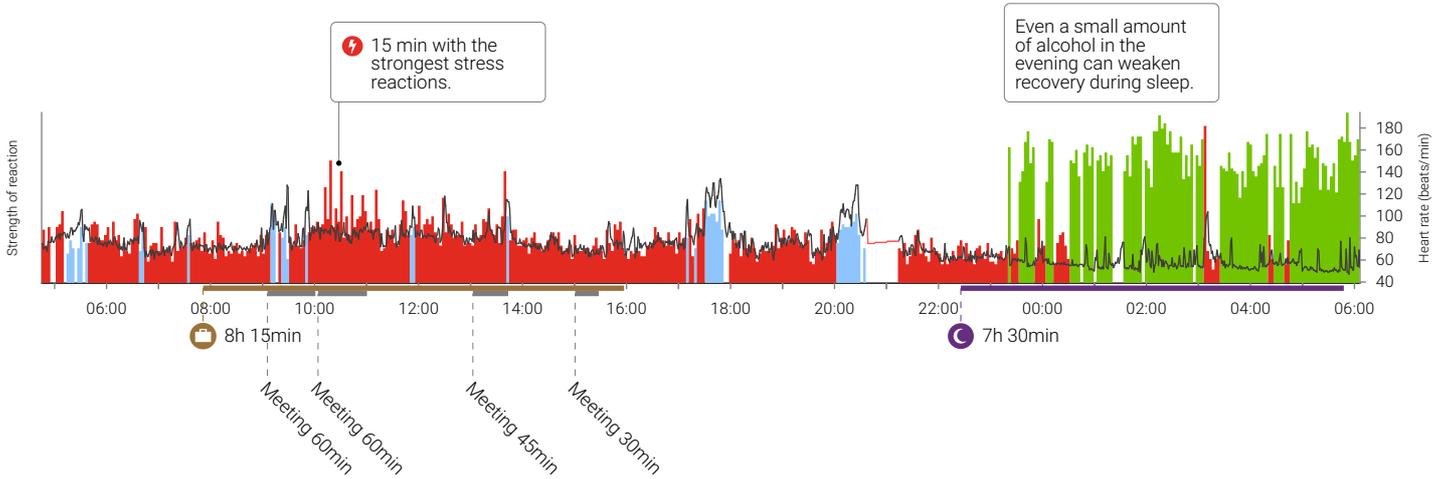
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**STEPS 8727**

# LIFESTYLE ASSESSMENT

<p>Person: 361308</p> <p>Age 23 Activity Class 6.0 (Good)</p> <p>Height (cm) 158 Resting heart rate 39</p> <p>Weight (kg) 55 Max. heart rate 194</p> <p>Body Mass Index 22.0</p>	<p>Measurement:</p> <p>Start time Wed 04.03.2015 04:45</p> <p>Duration 25h 22min</p> <p>Heart rate (low/avg./high) 46 / 69 / 134</p> <p>Additional information: Alcohol 2 units</p>
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● Stress ● Recovery ● Vigorous & moderate physical activity ● Light physical activity ~ Heart rate ~ Missing heart rate 2%



## STRESS AND RECOVERY

**STRESS AND RECOVERY BALANCE**

60 - 100p Good  
30 - 59p Moderate  
0 - 29p Low

**23 / 100** Stress and recovery balance was poor.

---

**AMOUNT OF STRESS REACTIONS** **16h 47min**

≤ 60% Normal > 60% More than usual **66%**

---

**AMOUNT OF RECOVERY (day & night)** **4h 31min**

< 20% Low 20 - 29% Moderate ≥ 30% Good **18%**

➕ A small amount of recovery during the daytime (4min).

## SLEEP

**RESTORATIVE EFFECT OF SLEEP**

60 - 100p Good  
30 - 59p Moderate  
0 - 29p Low

**49 / 100** The sleep period was long enough, but recovery was only moderate.

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**LENGTH OF SLEEP** **7h 30min (Good)**

**AMOUNT OF RECOVERY DURING SLEEP** **4h 28min**

< 50% Low 50 - 74% Moderate ≥ 75% Good **59%**

---

**QUALITY OF RECOVERY (Heart rate variability)**

0 - 25 ms Low 26 - 52 ms Moderate ≥ 53 ms Good **51 ms**

**SELF-REPORTED SLEEP QUALITY** 😊 😐 😐 😐 😐

## PHYSICAL ACTIVITY

**HEALTH EFFECTS OF PHYSICAL ACTIVITY**

60 - 100p Good  
30 - 59p Moderate  
0 - 29p Low

**25 / 100** Minor health effects

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**DURATION OF PHYSICAL ACTIVITY**

Light	Moderate	Vigorous
1h 52min	0min	0min

## ENERGY EXPENDITURE

**TOTAL ENERGY EXPENDITURE**

**1921 kcal**

- Vigorous & moderate physical activity 0 kcal
- Light physical activity 397 kcal
- Other 1524 kcal

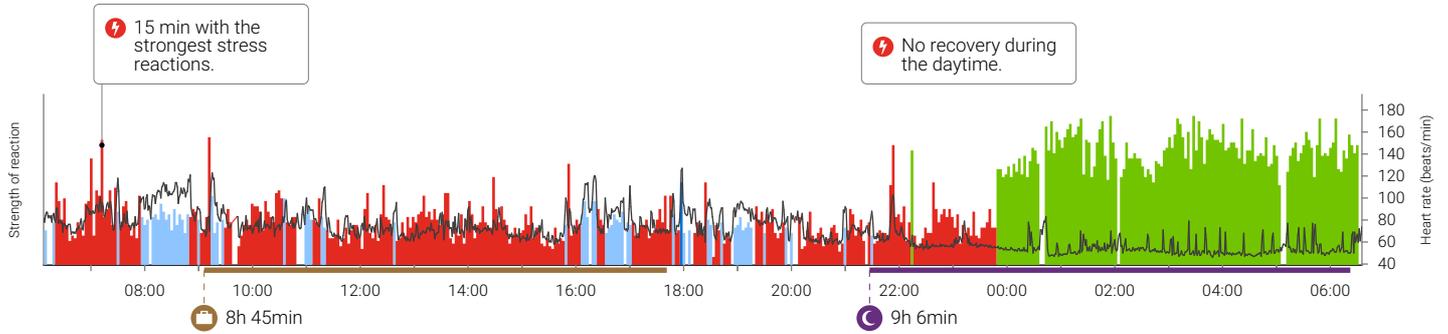
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**STEPS** **7516** 👣

# LIFESTYLE ASSESSMENT

<p>Person: 361308</p> <p>Age 23    Activity Class 6.0 (Good)</p> <p>Height (cm) 158    Resting heart rate 39</p> <p>Weight (kg) 55    Max. heart rate 194</p> <p>Body Mass Index 22.0</p>	<p>Measurement:</p> <p>Start time Thu 05.03.2015 06:07</p> <p>Duration 24h 29min</p> <p>Heart rate (low/avg./high) 45 / 66 / 126</p>
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● Stress    
 ● Recovery    
 ● Vigorous & moderate physical activity    
 ● Light physical activity    
 ~ Heart rate    
 - Missing heart rate 0%



## STRESS AND RECOVERY

**STRESS AND RECOVERY BALANCE**

60 - 100p Good  
**30 - 59p Moderate**  
 0 - 29p Low

**42 / 100** Stress and recovery balance was moderate.

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**AMOUNT OF STRESS REACTIONS** **13h 18min**

≤ 60% Normal    
  > 60% More than usual    
 **54%**

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**AMOUNT OF RECOVERY (day & night)** **6h 8min**

< 20% Low    
  20 - 29% Moderate    
  ≥ 30% Good    
 **25%**

⚡ No recovery during the daytime.

## SLEEP

**RESTORATIVE EFFECT OF SLEEP**

60 - 100p Good  
 30 - 59p Moderate  
 0 - 29p Low

**75 / 100** Recovery during sleep was good, but the beginning of recovery was delayed.

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**LENGTH OF SLEEP** **9h 6min (Good)**

**AMOUNT OF RECOVERY DURING SLEEP** **6h 8min**

< 50% Low    
  50 - 74% Moderate    
  ≥ 75% Good    
 **67%**

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**QUALITY OF RECOVERY (Heart rate variability)**

0 - 25 ms Low    
  26 - 52 ms Moderate    
  ≥ 53 ms Good    
 **45 ms**

**SELF-REPORTED SLEEP QUALITY** 😊 😐 😐 😐 😐

## PHYSICAL ACTIVITY

**HEALTH EFFECTS OF PHYSICAL ACTIVITY**

60 - 100p Good  
**30 - 59p Moderate**  
 0 - 29p Low

**40 / 100** Moderate health effects

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**DURATION OF PHYSICAL ACTIVITY**

Light	Moderate	Vigorous
<b>2h 47min</b>	<b>2min</b>	<b>0min</b>

## ENERGY EXPENDITURE

**TOTAL ENERGY EXPENDITURE**

**2000 kcal**

- Vigorous & moderate physical activity 11 kcal
- Light physical activity 506 kcal
- Other 1483 kcal

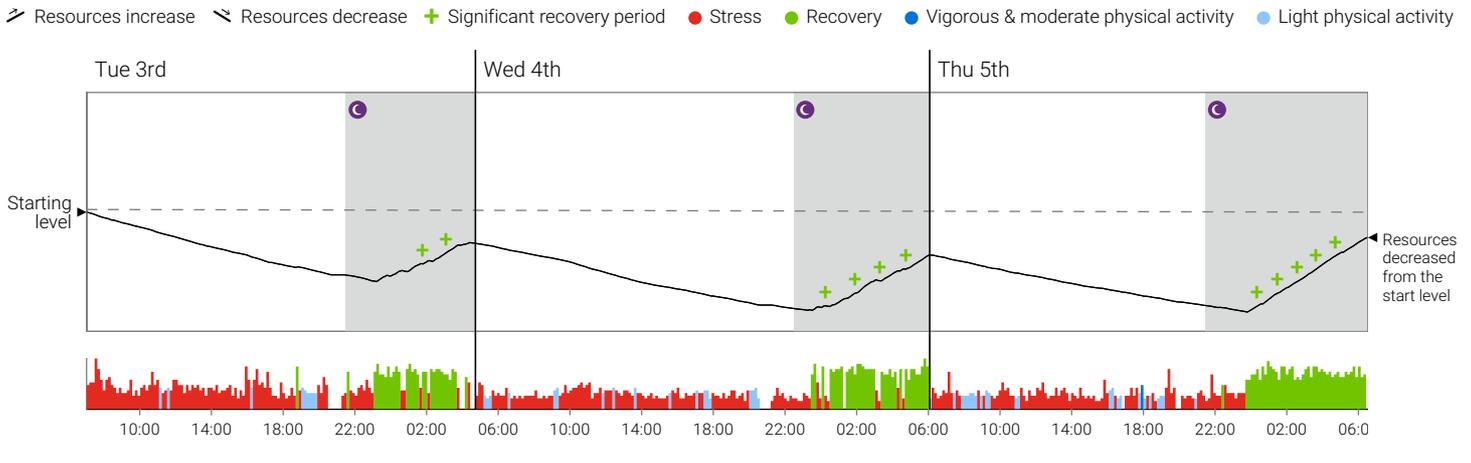
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**STEPS** **4661** 👤

# LIFESTYLE ASSESSMENT SUMMARY

Person: 361308	Assessment: 03.03.2015 - 05.03.2015		
Age: 23	Activity Class: 6.0 (Good)	Additional information:	
Height (cm): 158	Resting heart rate: 39	🍷 Alcohol: Tue 3rd (1 unit), Wed 4th (2 units)	
Weight (kg): 55	Max. heart rate: 194		
Body Mass Index: 22.0			

## BODY RESOURCES



## LIFESTYLE ASSESSMENT SCORE

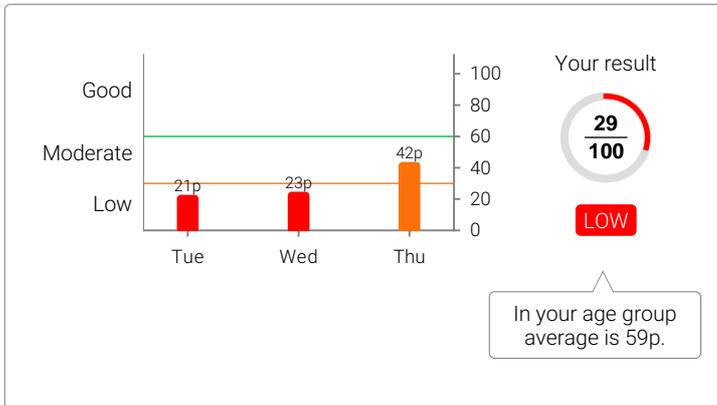
The score is based on your combined stress and recovery, sleep and physical activity result. By improving these areas, you can promote your well-being and improve your Lifestyle Assessment score.



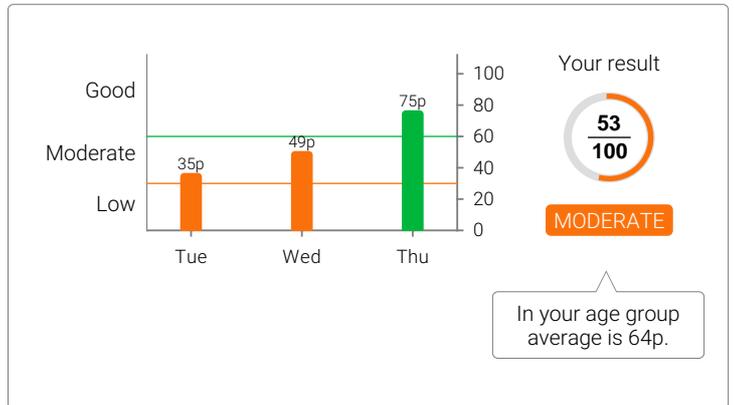
- 85 - 100p Excellent
- 60 - 84p Good
- 30 - 59p Moderate**
- 15 - 29p Low
- 0 - 14p Very low

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

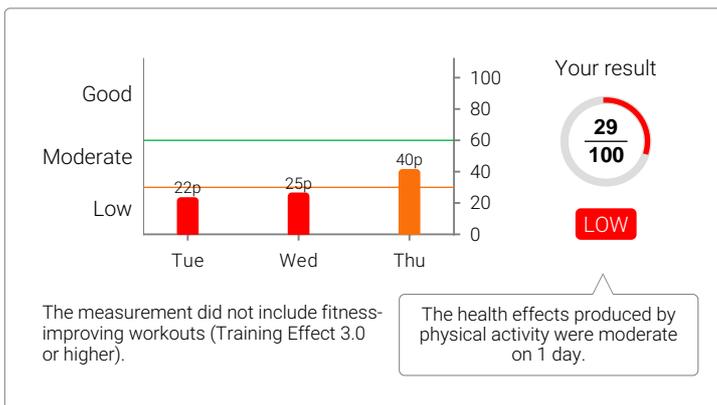
## ⚡ + STRESS AND RECOVERY BALANCE



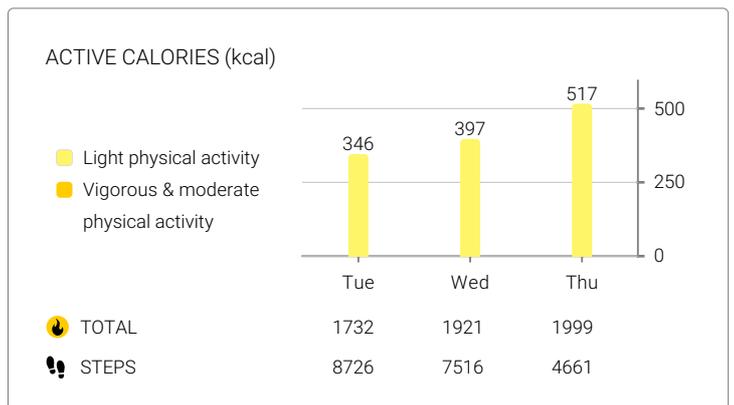
## 🌙 RESTORATIVE EFFECT OF SLEEP



## 🏃 HEALTH EFFECTS OF PHYSICAL ACTIVITY



## 🔥 ENERGY EXPENDITURE



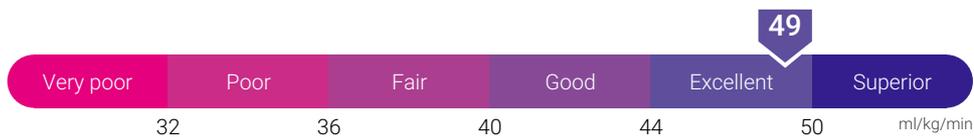
# FITNESS LEVEL

Person: 361308

Age	23	Activity Class	6.0 (Good)
Height (cm)	158	Resting heart rate	39
Weight (kg)	55	Max. heart rate	194
Body Mass Index	22.0		

Assessment: 03.03.2015 - 05.03.2015

## FITNESS LEVEL (VO2max)



Your VO2max result is **49** ml/kg/min.

According to your age and gender your fitness level is **Excellent**.

### Maximal oxygen uptake (VO2max) – A measure of aerobic fitness

Maximal oxygen uptake (VO2max) describes the ability of the cardiorespiratory system to deliver oxygen to working muscles and the ability of the body to utilize oxygen to produce energy during exercise. High maximal oxygen uptake means good endurance, which research has shown to be associated with better health and performance and smaller mortality risk.

Maximal oxygen uptake is traditionally measured in the laboratory by analyzing respiratory gases, and its unit is milliliters of oxygen per minute per kilogram of body weight (ml/kg/min). Firstbeat Lifestyle Assessment estimates the maximal oxygen uptake by comparing the body's load to walking speed during walking segments detected in the measurement. The result is compared to people of the same age and sex. Typically, maximal oxygen uptake ranges between 20-70 ml/kg/min.

\*VO2max reference values used with permission from the Cooper Institute, Dallas, Texas

# GOALS

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Please set some personal goals for making changes in your lifestyle.

## Stress management

- I will set a realistic work schedule.
- I will take regular short breaks during the work day.
- After the workday, I will try to disengage from work by doing things that I enjoy.
- I will learn to say "No".

## Recovery and sleep

- I will continue to engage in my hobbies because positive experiences enhance my well-being.
- I will try to relax on a regular basis (e.g. relaxation techniques, music, TV, reading).
- I will avoid stressful things just before bedtime (e.g. alcohol, work and electronic devices).
- I will attempt to go to bed early enough to get enough sleep.

## Physical activity

- I will find an enjoyable form of exercise to engage in regularly.
- I will increase the amount of light physical activity, e.g. by using the stairs, walking short distances and avoiding uninterrupted sitting.
- I will attempt to engage in physical activity at least 6 times per week.
- I will take care of my muscles by including stretching as part of my weekly exercise routine.

## Nutrition

- I will maintain a regular meal rhythm.
- I will pay attention to the quality of what I eat, e.g. avoid products that contain excessive fats, sugar or salt.
- I will lose weight 2 kg.
- I will remember to drink and eat regularly, even when I'm busy.