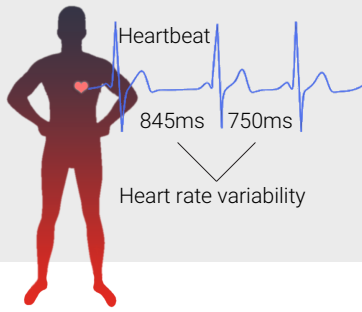


Firstbeat Lifestyle Assessment

403903

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).

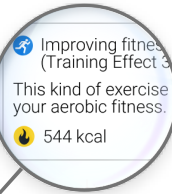
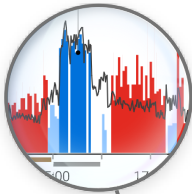
The goal is to find a balance between work and leisure and between activity and rest, and to identify one's strengths and development areas. It is not essential to eliminate stress, but to ensure sufficient recovery and find a manageable rhythm to life.

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.

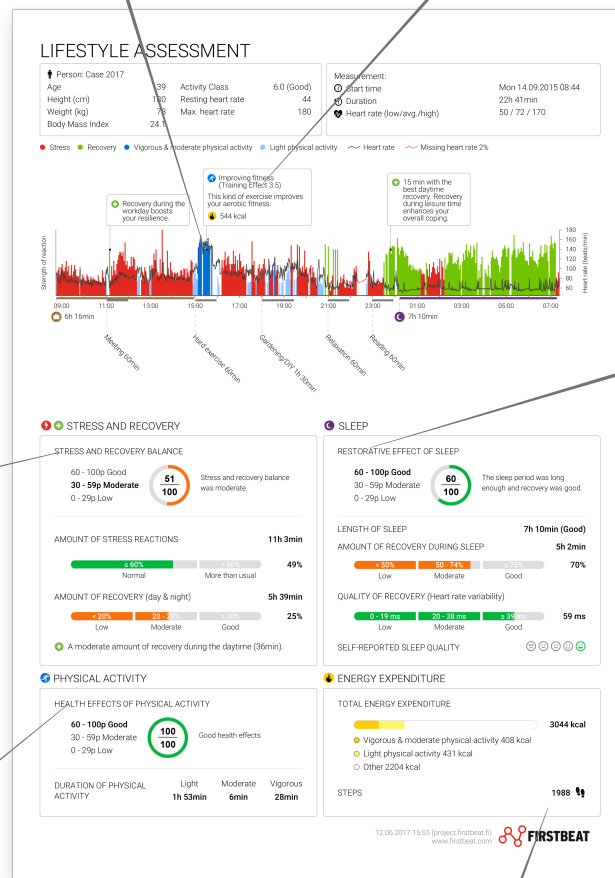
Physical activity means physical loading during which energy expenditure is significantly increased.

- 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.

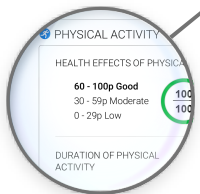
Length of sleep is the period recorded in the journal, from going to bed to waking up.

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

Profile

403903

Measurement start date

13.11.2016

QUESTIONNAIRE RESULTS

I think I am physically active enough to get health benefits.	☹️ Cannot say
I think my physical activity is intensive enough to improve my fitness.	☹️ Cannot say
In my opinion, my eating habits are healthy.	☹️ Cannot say
I feel that my alcohol consumption is not excessive.	☹️ Cannot say
I don't generally feel stressed.	☹️ Cannot say
My days include breaks that allow me to recover.	☹️ Cannot say
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.	☹️ Cannot say
In my opinion, I feel well at the moment.	☹️ Cannot say



Scale of answers:

Completely agree

Partially agree

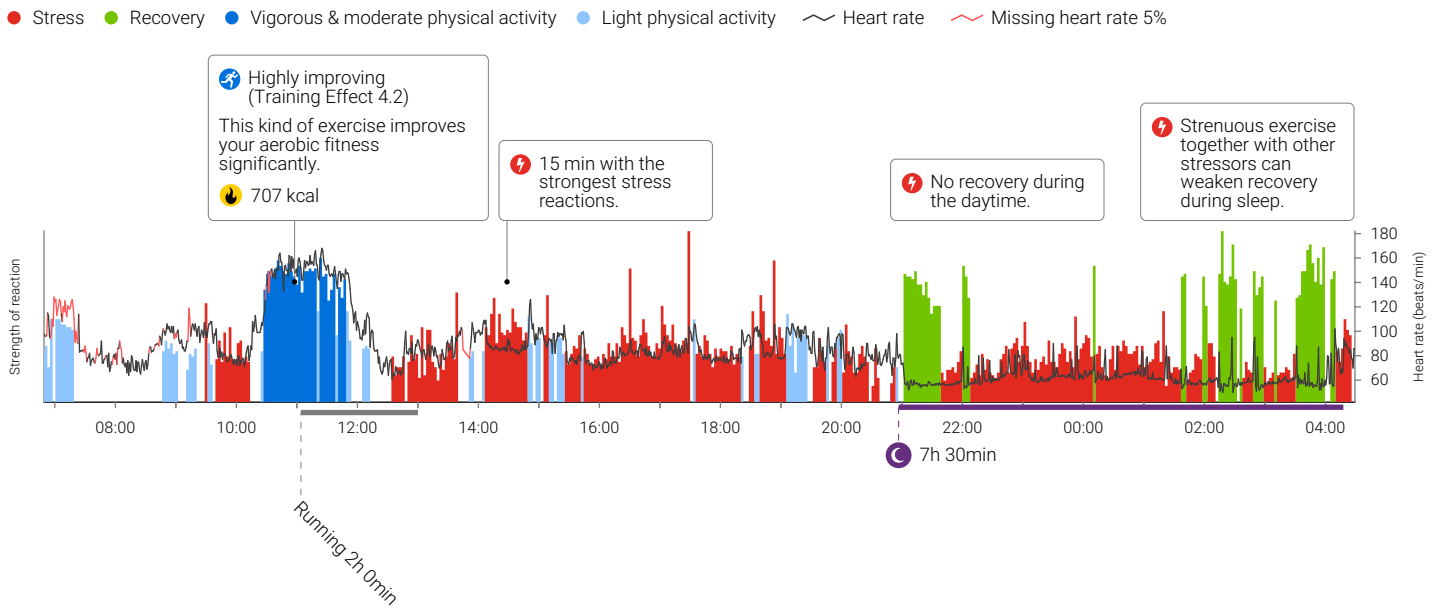
Cannot say

Partially disagree

Completely disagree

LIFESTYLE ASSESSMENT

<p>Person: 403903</p> <p>Age 43 Activity Class 6.0 (Good)</p> <p>Height (cm) 171 Resting heart rate 42</p> <p>Weight (kg) 75 Max. heart rate 182</p> <p>Body Mass Index 25.6</p>	<p>Measurement:</p> <p>Start time Sun 13.11.2016 06:49</p> <p>Duration 21h 41min</p> <p>Heart rate (low/avg./high) 48 / 78 / 168</p>
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STRESS AND RECOVERY

STRESS AND RECOVERY BALANCE

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

15 / 100 Stress and recovery balance was poor.

AMOUNT OF STRESS REACTIONS **11h 40min**

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

AMOUNT OF RECOVERY (day & night) **1h 52min**

< 20% Low 20 - 29% Moderate ≥ 30% Good **9%**

⚡ No recovery during the daytime.

SLEEP

RESTORATIVE EFFECT OF SLEEP

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

28 / 100 The sleep period was long enough, but recovery was poor.

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

AMOUNT OF RECOVERY DURING SLEEP **1h 52min**

< 50% Low 50 - 74% Moderate ≥ 75% Good **25%**

QUALITY OF RECOVERY (Heart rate variability)

0 - 17 ms Low 18 - 34 ms Moderate ≥ 35 ms Good **38 ms**

SELF-REPORTED SLEEP QUALITY 😊 😐 😞 😄 😁

PHYSICAL ACTIVITY

HEALTH EFFECTS OF PHYSICAL ACTIVITY

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

100+ / 100 Good health effects

DURATION OF PHYSICAL ACTIVITY

Light	Moderate	Vigorous
2h 7min	28min	50min

ENERGY EXPENDITURE

TOTAL ENERGY EXPENDITURE

2577 kcal

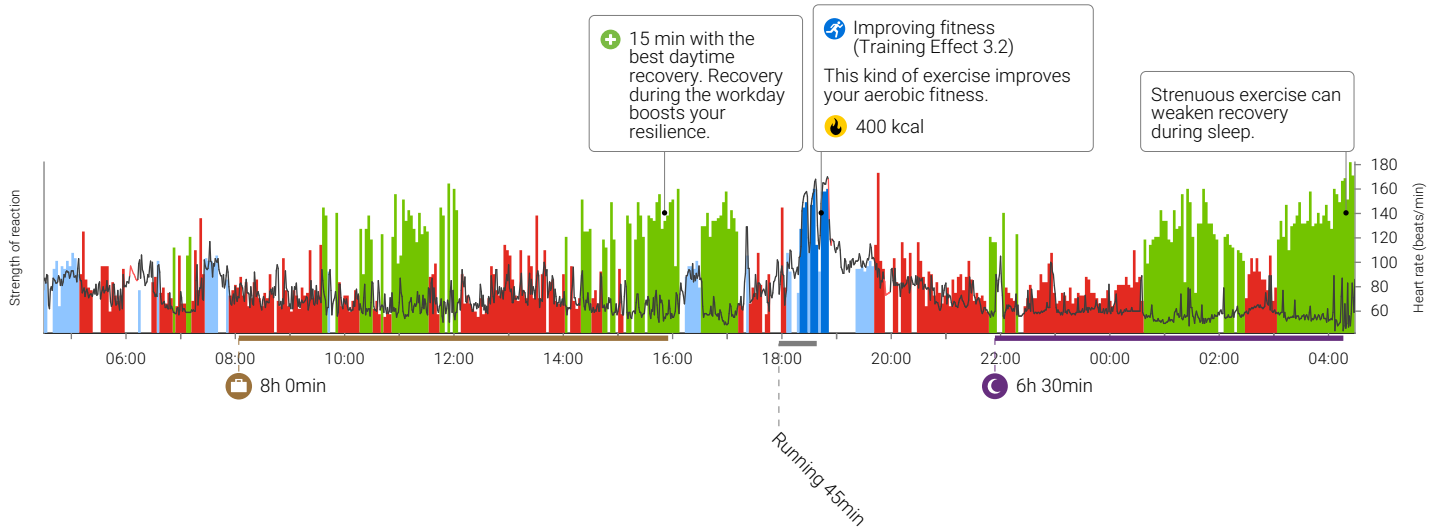
- Vigorous & moderate physical activity 632 kcal
- Light physical activity 460 kcal
- Other 1485 kcal

STEPS **11750** 👤

LIFESTYLE ASSESSMENT

<p>Person: 403903</p> <p>Age: 43 Activity Class: 6.0 (Good)</p> <p>Height (cm): 171 Resting heart rate: 42</p> <p>Weight (kg): 75 Max. heart rate: 182</p> <p>Body Mass Index: 25.6</p>	<p>Measurement:</p> <p>Start time: Mon 14.11.2016 04:30</p> <p>Duration: 24h 0min</p> <p>Heart rate (low/avg./high): 42 / 67 / 170</p>
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● Stress
 ● Recovery
 ● Vigorous & moderate physical activity
 ● Light physical activity
 ~ Heart rate
 - Missing heart rate 1%



⚡ + STRESS AND RECOVERY

STRESS AND RECOVERY BALANCE

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

62 / 100 Stress and recovery balance was good.

AMOUNT OF STRESS REACTIONS **11h 26min**

■ ≤ 60% Normal ■ > 60% More than usual **48%**

AMOUNT OF RECOVERY (day & night) **6h 13min**

■ < 20% Low ■ 20 - 29% Moderate ■ ≥ 30% Good **26%**

+ A lot of recovery during the daytime (3h 10min).

🌙 SLEEP

RESTORATIVE EFFECT OF SLEEP

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

36 / 100 The sleep period was shorter than recommended and recovery was only moderate.

LENGTH OF SLEEP **6h 30min (Moderate)**

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

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

QUALITY OF RECOVERY (Heart rate variability)

■ 0 - 17 ms Low ■ 18 - 34 ms Moderate ■ ≥ 35 ms Good **49 ms**

SELF-REPORTED SLEEP QUALITY 😊 😐 😊 😊 😊

🏃 PHYSICAL ACTIVITY

HEALTH EFFECTS OF PHYSICAL ACTIVITY

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

95 / 100 Good health effects

DURATION OF PHYSICAL ACTIVITY

Light	Moderate	Vigorous
1h 52min	5min	20min

🔥 ENERGY EXPENDITURE

TOTAL ENERGY EXPENDITURE **2248 kcal**

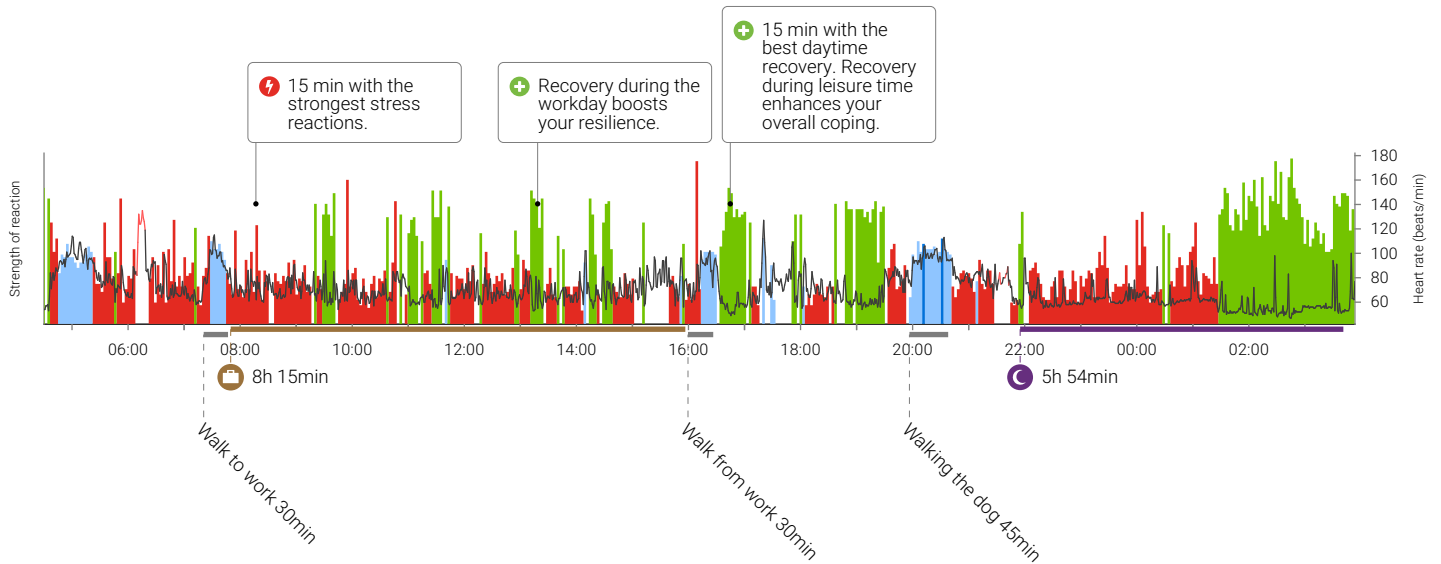
- 🟡 Vigorous & moderate physical activity 214 kcal
- 🟡 Light physical activity 437 kcal
- Other 1597 kcal

STEPS **11694** 👤

LIFESTYLE ASSESSMENT

<p>Person: 403903</p> <p>Age: 43 Activity Class: 6.0 (Good)</p> <p>Height (cm): 171 Resting heart rate: 42</p> <p>Weight (kg): 75 Max. heart rate: 182</p> <p>Body Mass Index: 25.6</p>	<p>Measurement:</p> <p>Start time: Tue 15.11.2016 04:30</p> <p>Duration: 23h 24min</p> <p>Heart rate (low/avg./high): 44 / 66 / 127</p>
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● Stress ● Recovery ● Vigorous & moderate physical activity ● Light physical activity ~ Heart rate ~ Missing heart rate 1%



STRESS AND RECOVERY

STRESS AND RECOVERY BALANCE

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

50 / 100 Stress and recovery balance was moderate.

AMOUNT OF STRESS REACTIONS **12h 3min**

≤ 60% Normal > 60% More than usual **52%**

AMOUNT OF RECOVERY (day & night) **5h 14min**

< 20% Low 20 - 29% Moderate ≥ 30% Good **22%**

+ A lot of recovery during the daytime (2h 52min).

SLEEP

RESTORATIVE EFFECT OF SLEEP

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

30 / 100 The sleep period was shorter than recommended and recovery was only moderate.

LENGTH OF SLEEP **5h 54min (Moderate)**

AMOUNT OF RECOVERY DURING SLEEP **2h 21min**

< 50% Low 50 - 74% Moderate ≥ 75% Good **40%**

QUALITY OF RECOVERY (Heart rate variability)

0 - 17 ms Low 18 - 34 ms Moderate ≥ 35 ms Good **50 ms**

SELF-REPORTED SLEEP QUALITY 😞 😟 😐 😊 😄

PHYSICAL ACTIVITY

HEALTH EFFECTS OF PHYSICAL ACTIVITY

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

41 / 100 Moderate health effects

DURATION OF PHYSICAL ACTIVITY

Light	Moderate	Vigorous
2h 1min	6min	0min

ENERGY EXPENDITURE

TOTAL ENERGY EXPENDITURE

2198 kcal

- Vigorous & moderate physical activity 34 kcal
- Light physical activity 528 kcal
- Other 1636 kcal

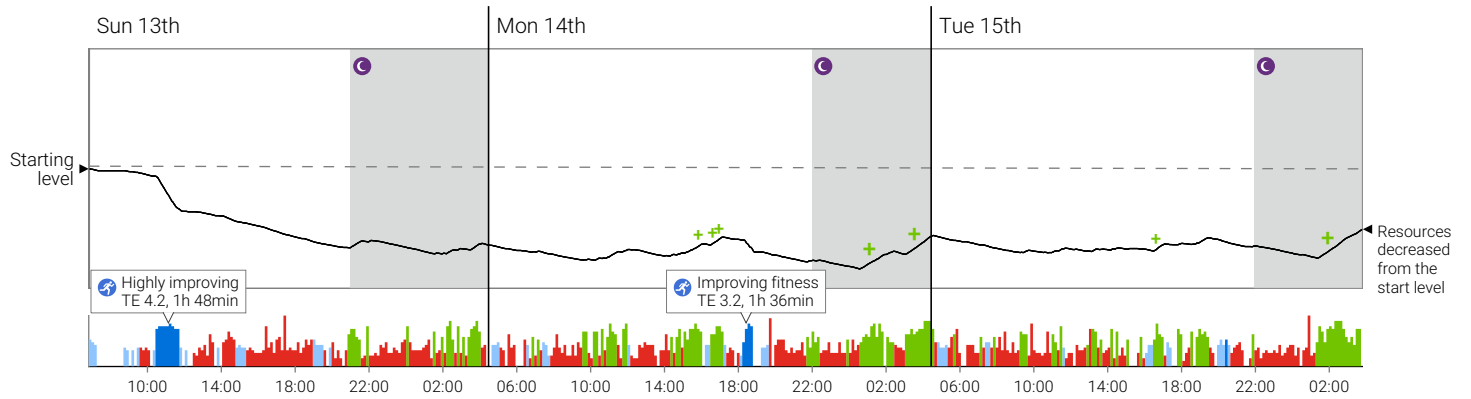
STEPS **14141** 👤

LIFESTYLE ASSESSMENT SUMMARY

Person: 403903	Assessment: 13.11.2016 - 15.11.2016		
Age	43	Activity Class	6.0 (Good)
Height (cm)	171	Resting heart rate	42
Weight (kg)	75	Max. heart rate	182
Body Mass Index	25.6		

BODY RESOURCES

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



LIFESTYLE ASSESSMENT SCORE

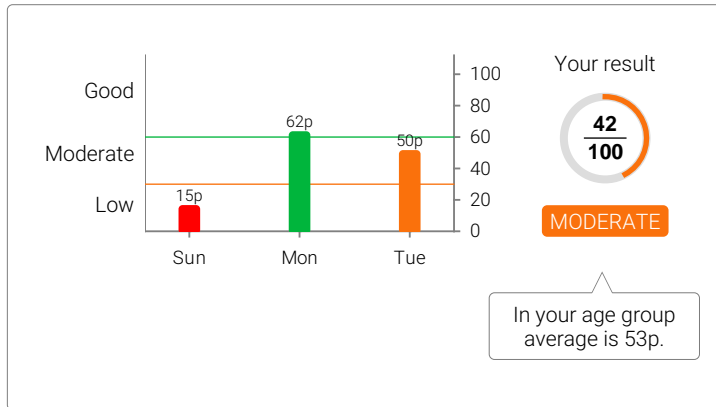
The score is based on your combined stress and recovery, sleep and physical activity result. By improving these areas, you can promote your well-being and improve your Lifestyle Assessment score.



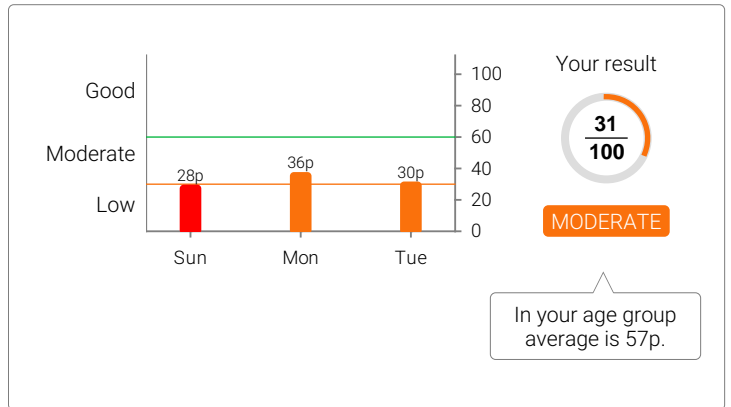
85 - 100p Excellent
 60 - 84p Good
30 - 59p Moderate
 15 - 29p Low
 0 - 14p Very low

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

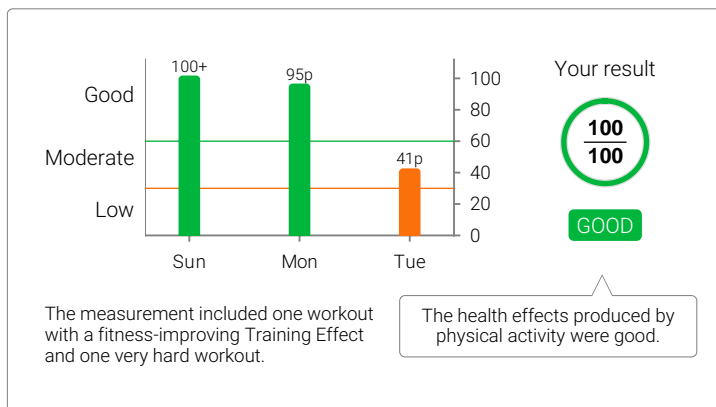
STRESS AND RECOVERY BALANCE



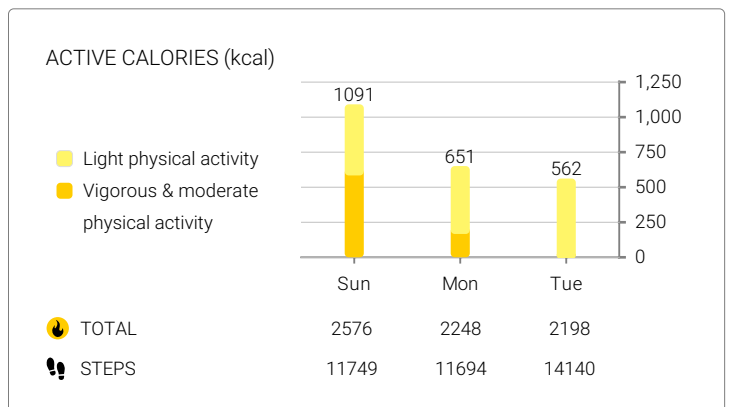
RESTORATIVE EFFECT OF SLEEP



HEALTH EFFECTS OF PHYSICAL ACTIVITY



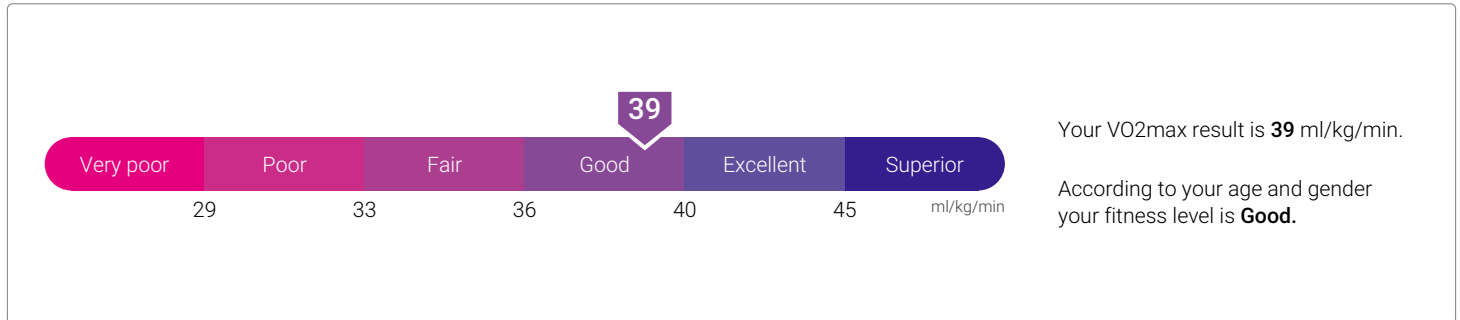
ENERGY EXPENDITURE



FITNESS LEVEL

Person: 403903	Assessment: 13.11.2016 - 15.11.2016		
Age	43	Activity Class	6.0 (Good)
Height (cm)	171	Resting heart rate	42
Weight (kg)	75	Max. heart rate	182
Body Mass Index	25.6		

FITNESS LEVEL (VO2max)



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

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 ____ 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 ____ kg.
- I will remember to drink and eat regularly, even when I'm busy.
