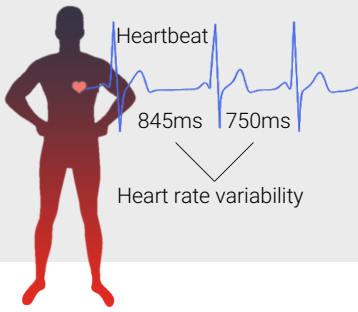


Firstbeat Lifestyle Assessment

425536

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).

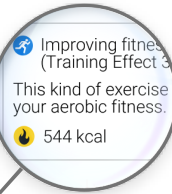
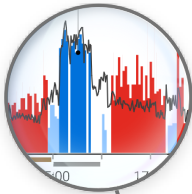
The goal is to find a balance between work and leisure and between activity and rest, and to identify one's strengths and development areas. It is not essential to eliminate stress, but to ensure sufficient recovery and find a manageable rhythm to life.

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.

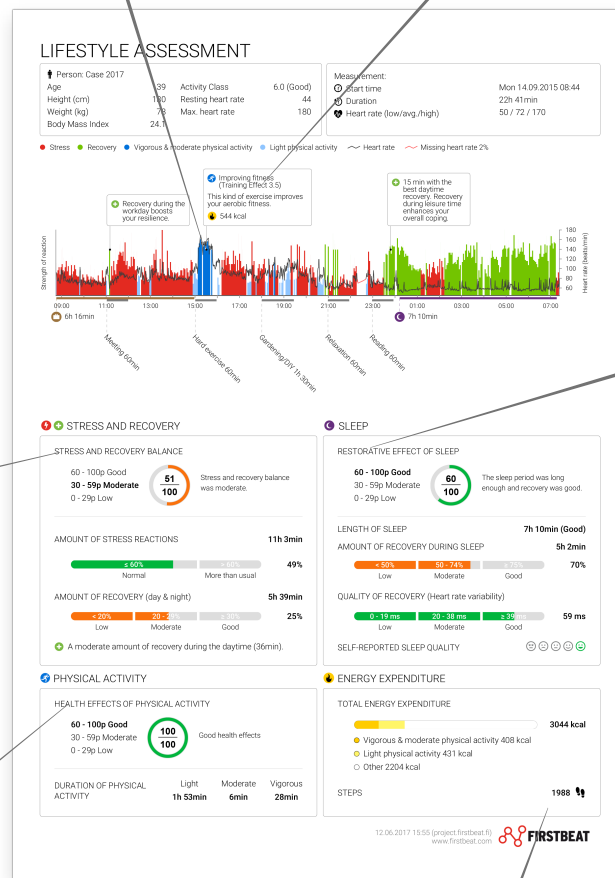
Physical activity means physical loading during which energy expenditure is significantly increased.

- 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.

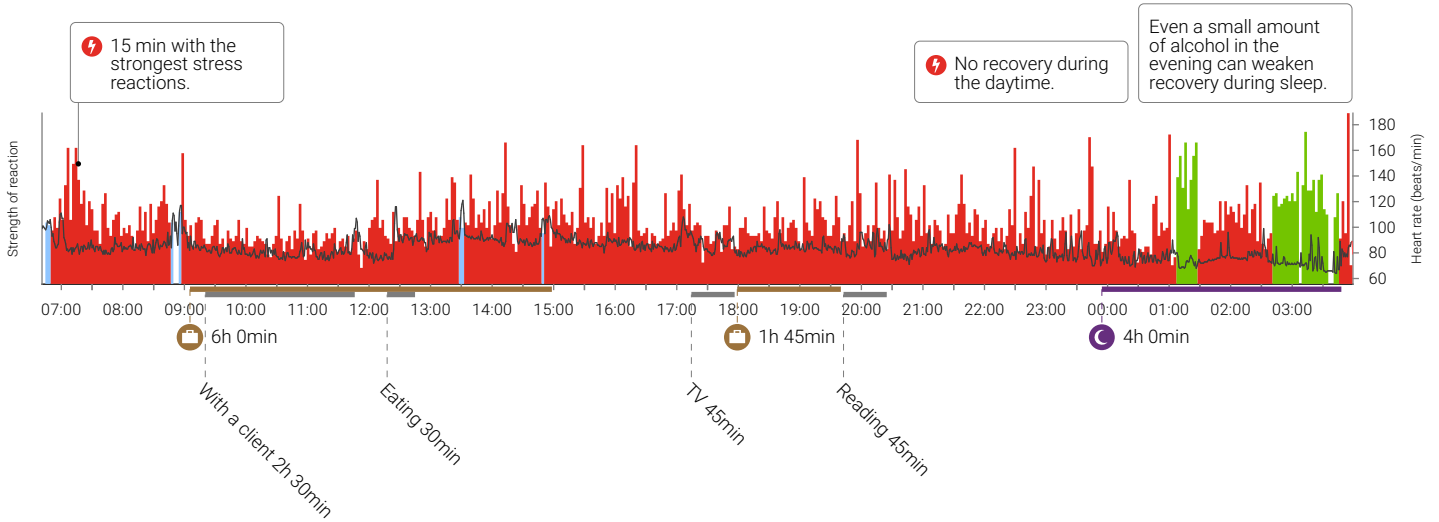
The health effects of physical activity are based on the duration and intensity of aerobic physical activity. According to recommendations, for example 30 mins of moderate or 20 mins of vigorous physical activity produce good health effects.

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.

LIFESTYLE ASSESSMENT

Person: 425536 Age 59 Activity Class 1.0 (Poor) Height (cm) 174 Resting heart rate 56 Weight (kg) 87 Max. heart rate 189 Body Mass Index 28.7				Measurement: Start time Thu 21.10.2010 06:41 Duration 21h 19min Heart rate (low/avg./high) 62 / 81 / 122 Additional information: Alcohol 2 units	
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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

7 / 100 Stress and recovery balance was poor.

AMOUNT OF STRESS REACTIONS **19h 17min**

■ ≤ 60% Normal ■ > 60% More than usual **90%**

AMOUNT OF RECOVERY (day & night) **1h 11min**

■ < 20% Low ■ 20 - 29% Moderate ■ ≥ 30% Good **6%**

⚡ No recovery during the daytime.

SLEEP

RESTORATIVE EFFECT OF SLEEP

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

14 / 100 The sleep period was shorter than recommended and recovery was poor.

LENGTH OF SLEEP **4h 0min (Poor)**

AMOUNT OF RECOVERY DURING SLEEP **1h 11min**

■ < 50% Low ■ 50 - 74% Moderate ■ ≥ 75% Good **30%**

QUALITY OF RECOVERY (Heart rate variability)

■ 0 - 13 ms Low ■ 14 - 25 ms Moderate ■ ≥ 26 ms Good **17 ms**

SELF-REPORTED SLEEP QUALITY 😞 😟 😐 😊 😄

PHYSICAL ACTIVITY

HEALTH EFFECTS OF PHYSICAL ACTIVITY

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

1 / 100 Minor health effects

DURATION OF PHYSICAL ACTIVITY

Light	Moderate	Vigorous
12min	0min	0min

ENERGY EXPENDITURE

TOTAL ENERGY EXPENDITURE

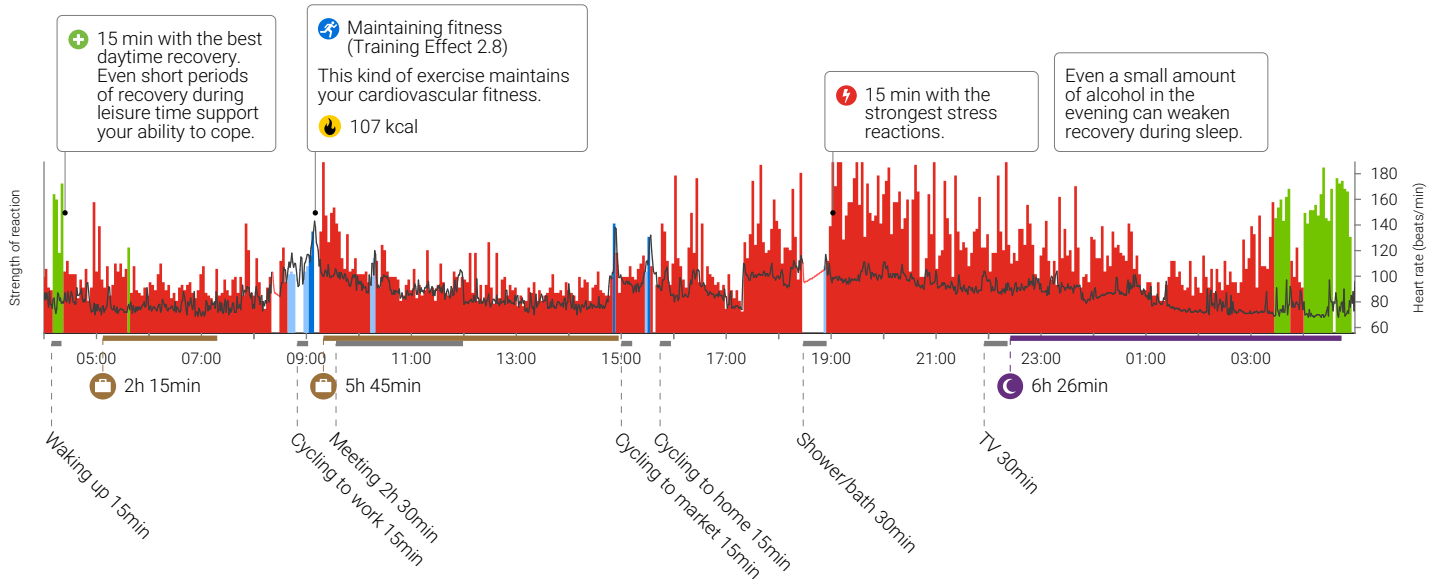
1864 kcal

- Vigorous & moderate physical activity 0 kcal
- Light physical activity 42 kcal
- Other 1823 kcal

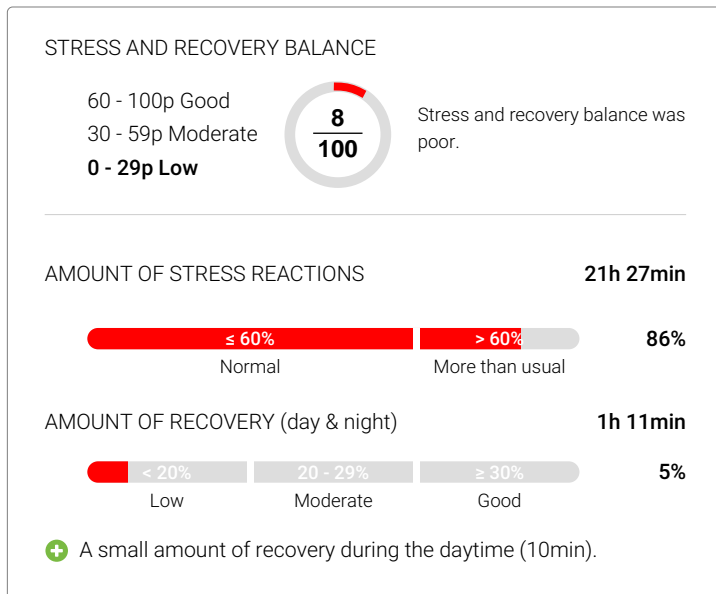
LIFESTYLE ASSESSMENT

Person: 425536 Age 59 Activity Class 1.0 (Poor) Height (cm) 174 Resting heart rate 56 Weight (kg) 87 Max. heart rate 189 Body Mass Index 28.7				Measurement: ⌚ Start time Fri 22.10.2010 03:59 ⌚ Duration 25h 0min ❤️ Heart rate (low/avg./high) 60 / 84 / 143 Additional information: 🍷 Alcohol 3 units	
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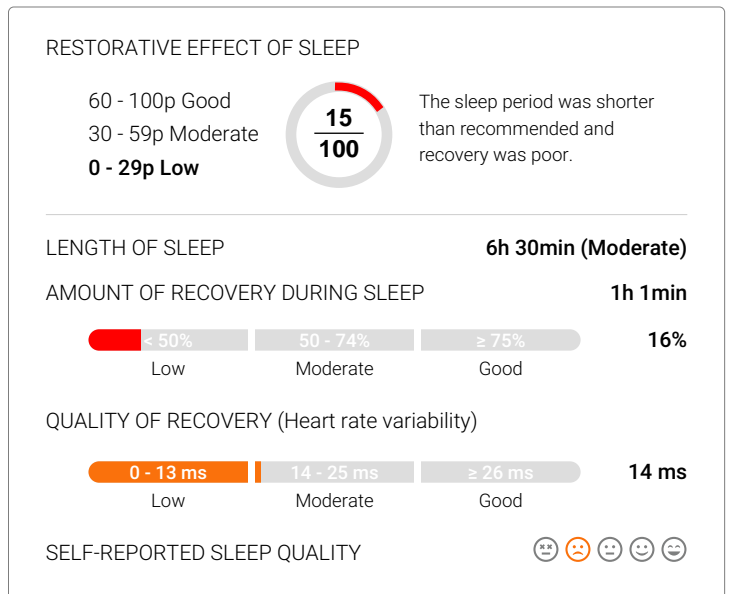
● Stress ● Recovery ● Vigorous & moderate physical activity ● Light physical activity — Heart rate — Missing heart rate 2%



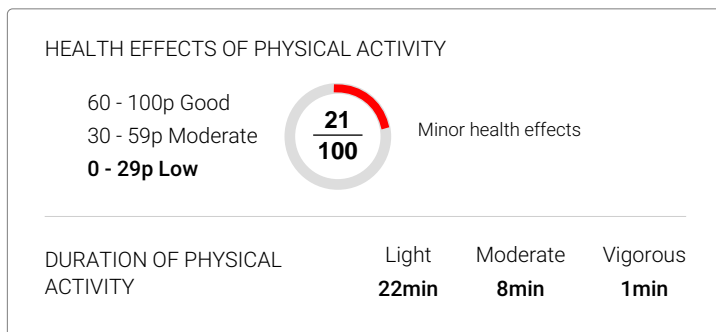
⚡ + STRESS AND RECOVERY



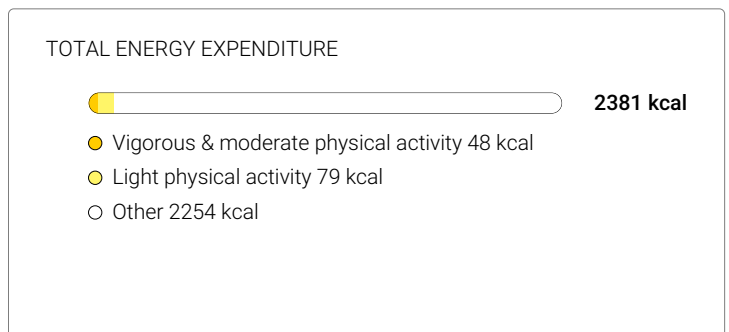
🌙 SLEEP



🚶 PHYSICAL ACTIVITY



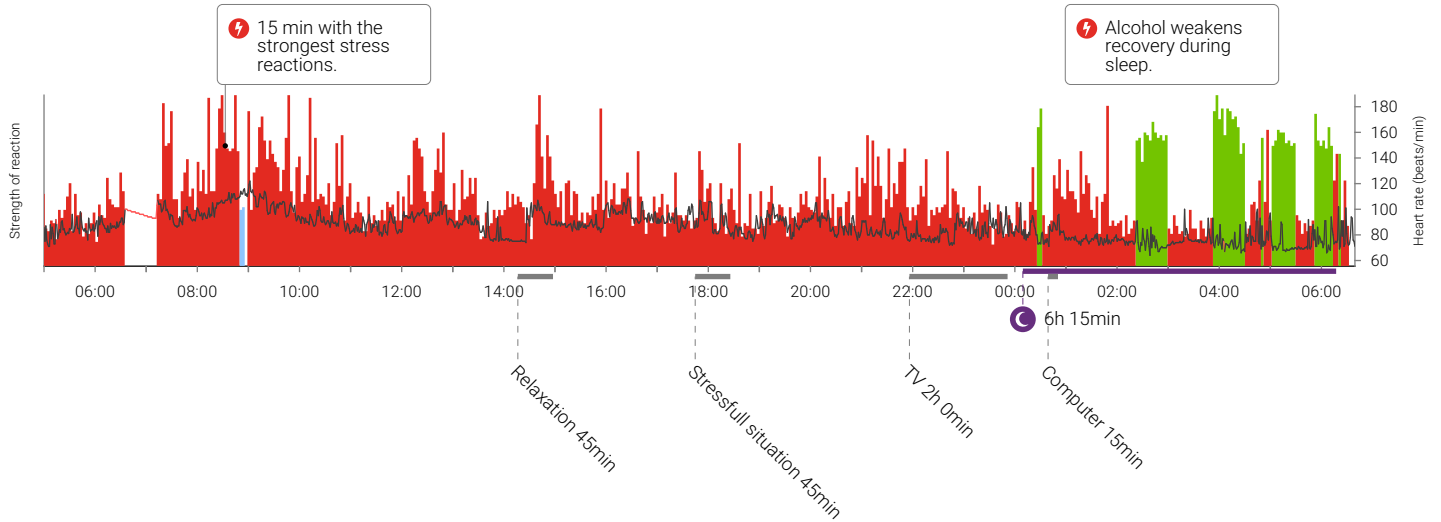
🔥 ENERGY EXPENDITURE



LIFESTYLE ASSESSMENT

<p>Person: 425536</p> <p>Age 59 Activity Class 1.0 (Poor)</p> <p>Height (cm) 174 Resting heart rate 56</p> <p>Weight (kg) 87 Max. heart rate 189</p> <p>Body Mass Index 28.7</p>	<p>Measurement:</p> <p>Start time Sat 23.10.2010 05:00</p> <p>Duration 25h 40min</p> <p>Heart rate (low/avg./high) 56 / 83 / 122</p> <p>Additional information: Alcohol 4 units</p>
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● Stress ● Recovery ● Vigorous & moderate physical activity ● Light physical activity — Heart rate — Missing heart rate 3%



STRESS AND RECOVERY

STRESS AND RECOVERY BALANCE

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

10 / 100 Stress and recovery balance was poor.

AMOUNT OF STRESS REACTIONS **22h 15min**

■ ≤ 60% Normal ■ > 60% More than usual **87%**

AMOUNT OF RECOVERY (day & night) **1h 59min**

■ < 20% Low ■ 20 - 29% Moderate ■ ≥ 30% Good **8%**

+ A small amount of recovery during the daytime (1min).

SLEEP

RESTORATIVE EFFECT OF SLEEP

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

22 / 100 The sleep period was shorter than recommended and recovery was poor.

LENGTH OF SLEEP **6h 15min (Moderate)**

AMOUNT OF RECOVERY DURING SLEEP **1h 58min**

■ < 50% Low ■ 50 - 74% Moderate ■ ≥ 75% Good **32%**

QUALITY OF RECOVERY (Heart rate variability)

■ 0 - 13 ms Low ■ 14 - 25 ms Moderate ■ ≥ 26 ms Good **18 ms**

SELF-REPORTED SLEEP QUALITY 😞 😐 😊 😄 😊

PHYSICAL ACTIVITY

HEALTH EFFECTS OF PHYSICAL ACTIVITY

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

1 / 100 Minor health effects

DURATION OF PHYSICAL ACTIVITY

Light	Moderate	Vigorous
5min	0min	0min

ENERGY EXPENDITURE

TOTAL ENERGY EXPENDITURE

2438 kcal

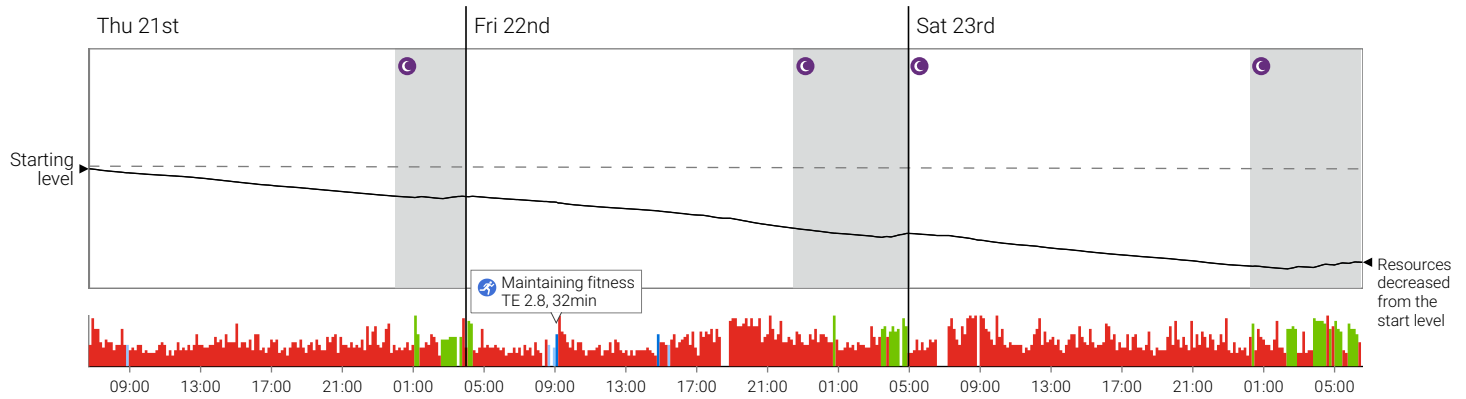
- Vigorous & moderate physical activity 0 kcal
- Light physical activity 18 kcal
- Other 2420 kcal

LIFESTYLE ASSESSMENT SUMMARY

Person: 425536	Assessment: 21.10.2010 - 23.10.2010		
Age: 59	Activity Class: 1.0 (Poor)	Additional information:	
Height (cm): 174	Resting heart rate: 56	Alcohol: Thu 21st (2 units), Fri 22nd (3 units), Sat 23rd (4 units)	
Weight (kg): 87	Max. heart rate: 189		
Body Mass Index: 28.7			

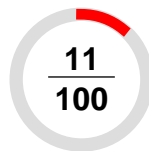
BODY RESOURCES

↗ 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

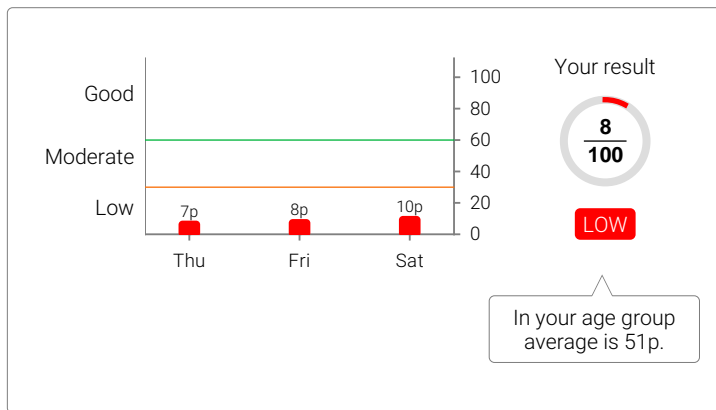
30 - 59p Moderate

15 - 29p Low

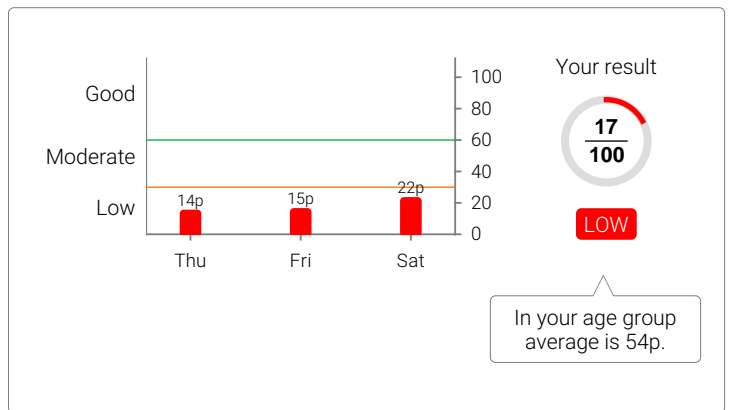
0 - 14p **Very low**

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

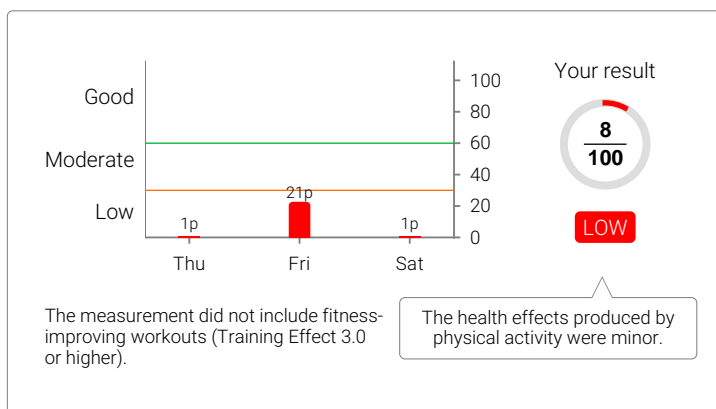
STRESS AND RECOVERY BALANCE



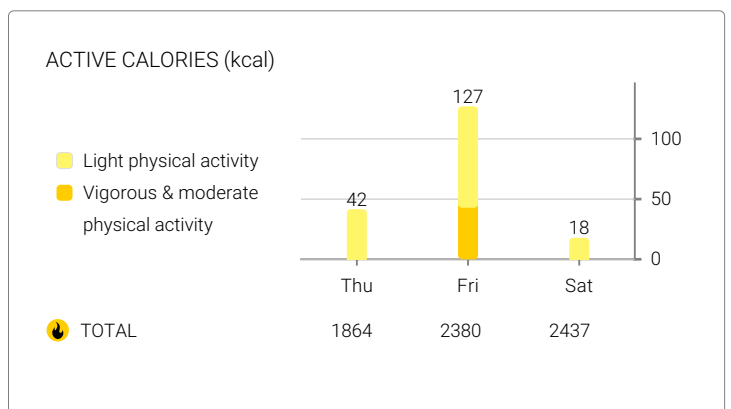
RESTORATIVE EFFECT OF SLEEP



HEALTH EFFECTS OF PHYSICAL ACTIVITY



ENERGY EXPENDITURE



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.
