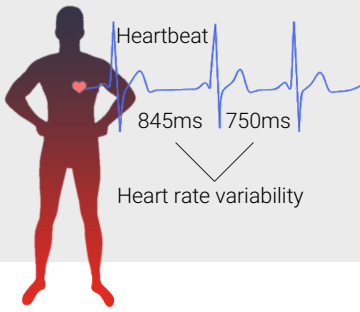


Firstbeat Lifestyle Assessment

397773

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).

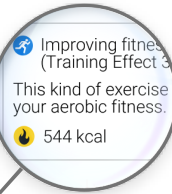
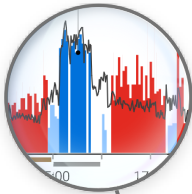
The goal is to find a balance between work and leisure and between activity and rest, and to identify one's strengths and development areas. It is not essential to eliminate stress, but to ensure sufficient recovery and find a manageable rhythm to life.

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.

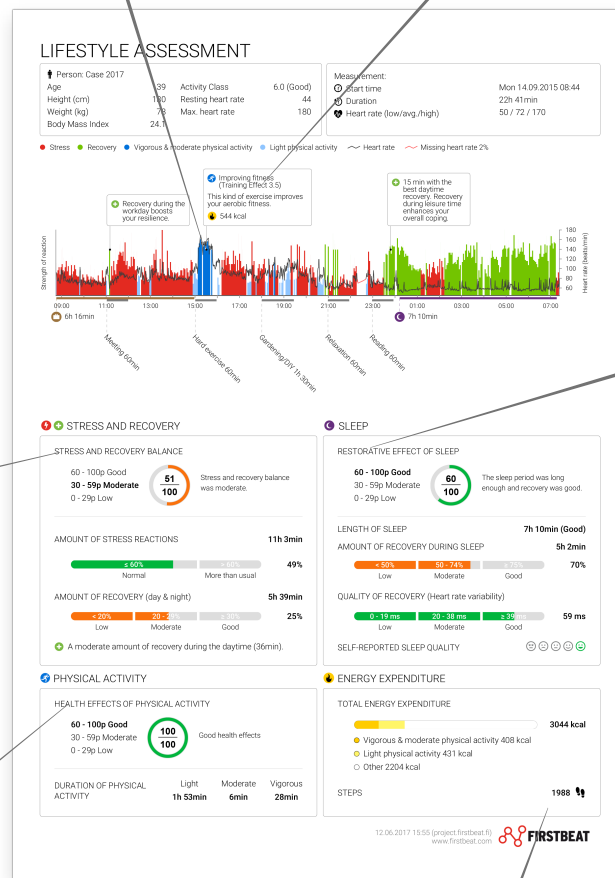
Physical activity means physical loading during which energy expenditure is significantly increased.

- 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

397773

Measurement start date

26.09.2016

QUESTIONNAIRE RESULTS

I think I am physically active enough to get health benefits.	 Partially agree
I think my physical activity is intensive enough to improve my fitness.	 Partially agree
In my opinion, my eating habits are healthy.	 Partially disagree
I feel that my alcohol consumption is not excessive.	 Partially 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.	 Partially disagree
I feel that I sleep enough.	 Completely disagree
I feel that I can influence the things that affect my health.	 Completely disagree
In my opinion, I feel well at the moment.	 Partially disagree



Scale of answers:

Completely agree

Partially agree

Cannot say

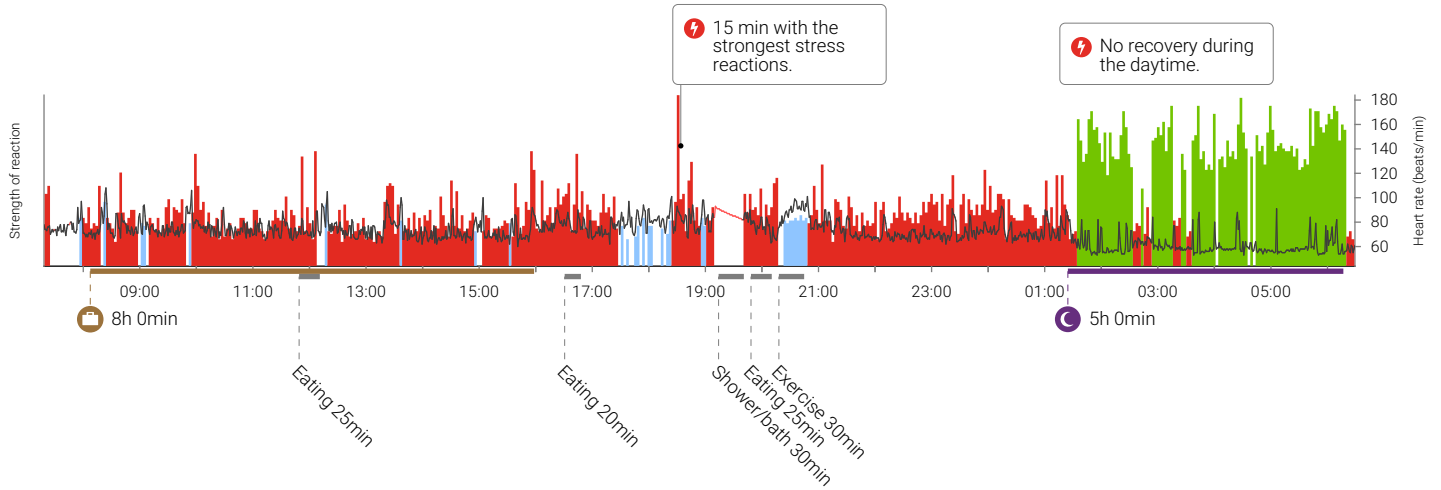
Partially disagree

Completely disagree

LIFESTYLE ASSESSMENT

<p>Person: 397773</p> <p>Age: 40 Activity Class: 6.0 (Good)</p> <p>Height (cm): 182 Resting heart rate: 44</p> <p>Weight (kg): 90 Max. heart rate: 184</p> <p>Body Mass Index: 27.2</p>	<p>Measurement:</p> <p>Start time: Mon 26.09.2016 07:18</p> <p>Duration: 23h 12min</p> <p>Heart rate (low/avg./high): 51 / 68 / 108</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

21 / 100 Stress and recovery balance was poor.

AMOUNT OF STRESS REACTIONS **15h 17min**

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

AMOUNT OF RECOVERY (day & night) **3h 48min**

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

⚡ No recovery during the daytime.

SLEEP

RESTORATIVE EFFECT OF SLEEP

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

39 / 100 The sleep period was shorter than recommended and recovery was only moderate.

LENGTH OF SLEEP **5h 0min (Poor)**

AMOUNT OF RECOVERY DURING SLEEP **3h 48min**

■ < 50% Low
 ■ 50 - 74% Moderate
 ■ ≥ 75% Good
 76%

QUALITY OF RECOVERY (Heart rate variability)

■ 0 - 18 ms Low
 ■ 19 - 36 ms Moderate
 ■ ≥ 37 ms Good
 43 ms

SELF-REPORTED SLEEP QUALITY 😞 😟 😐 😊 😄

PHYSICAL ACTIVITY

HEALTH EFFECTS OF PHYSICAL ACTIVITY

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

15 / 100 Minor health effects

DURATION OF PHYSICAL ACTIVITY

Light	Moderate	Vigorous
1h 17min	0min	0min

ENERGY EXPENDITURE

TOTAL ENERGY EXPENDITURE

3061 kcal

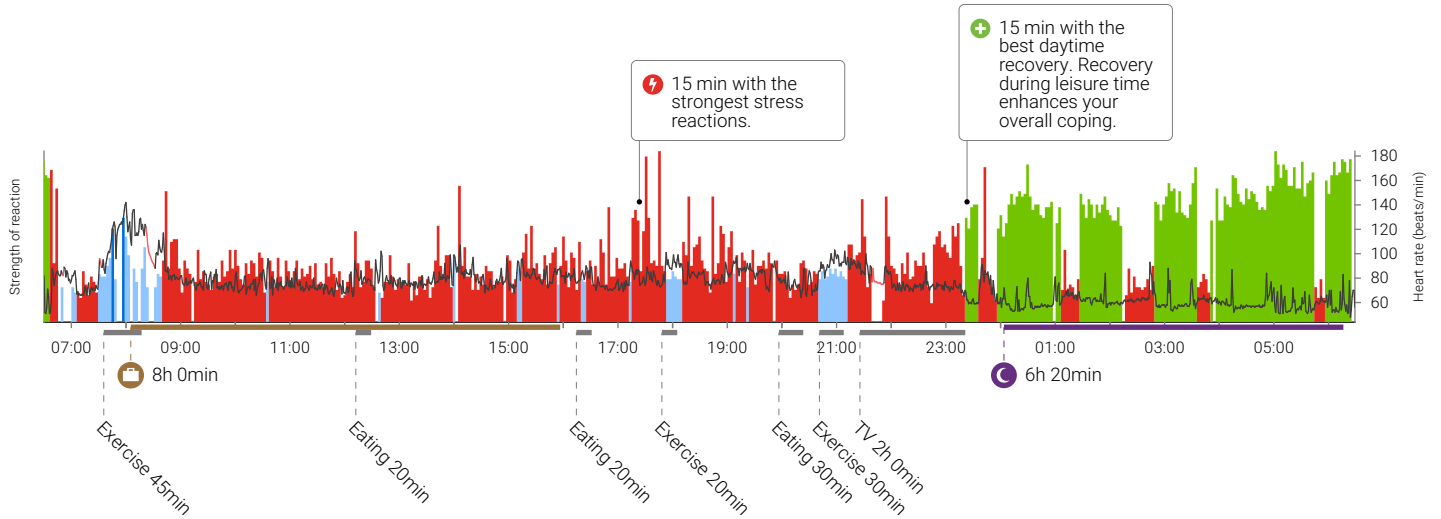
- Vigorous & moderate physical activity 0 kcal
- Light physical activity 323 kcal
- Other 2737 kcal

STEPS **4449** 👤

LIFESTYLE ASSESSMENT

Person: 397773 Age 40 Activity Class 6.0 (Good) Height (cm) 182 Resting heart rate 44 Weight (kg) 90 Max. heart rate 184 Body Mass Index 27.2				Measurement: Start time Tue 27.09.2016 06:30 Duration 24h 0min Heart rate (low/avg./high) 46 / 71 / 142	
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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

36 / 100 Stress and recovery balance was moderate.

AMOUNT OF STRESS REACTIONS **14h 51min**

≤ 60% Normal > 60% More than usual **62%**

AMOUNT OF RECOVERY (day & night) **5h 13min**

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

+ A moderate amount of recovery during the daytime (32min).

🌙 SLEEP

RESTORATIVE EFFECT OF SLEEP

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

53 / 100 The sleep period was shorter than recommended and recovery was only moderate.

LENGTH OF SLEEP **6h 20min (Moderate)**

AMOUNT OF RECOVERY DURING SLEEP **4h 41min**

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

QUALITY OF RECOVERY (Heart rate variability)

0 - 18 ms Low 19 - 36 ms Moderate ≥ 37 ms Good **48 ms**

SELF-REPORTED SLEEP QUALITY 😊 😐 😐 😐 😊

🏃 PHYSICAL ACTIVITY

HEALTH EFFECTS OF PHYSICAL ACTIVITY

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

28 / 100 Minor health effects

DURATION OF PHYSICAL ACTIVITY

Light	Moderate	Vigorous
1h 48min	3min	0min

🔥 ENERGY EXPENDITURE

TOTAL ENERGY EXPENDITURE **3344 kcal**

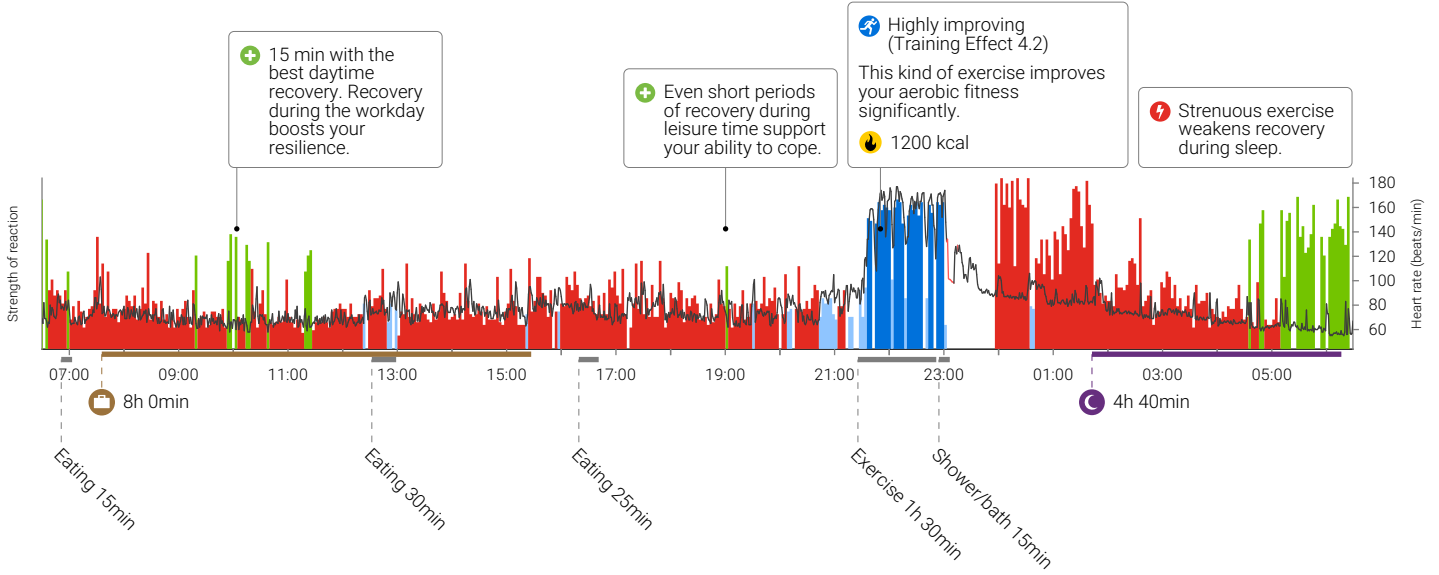
- Vigorous & moderate physical activity 31 kcal
- Light physical activity 473 kcal
- Other 2840 kcal

STEPS **4070** 👤

LIFESTYLE ASSESSMENT

<p>Person: 397773</p> <p>Age: 40 Activity Class: 6.0 (Good)</p> <p>Height (cm): 182 Resting heart rate: 44</p> <p>Weight (kg): 90 Max. heart rate: 184</p> <p>Body Mass Index: 27.2</p>	<p>Measurement:</p> <p>Start time: Wed 28.09.2016 06:30</p> <p>Duration: 24h 0min</p> <p>Heart rate (low/avg./high): 51 / 76 / 178</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

15 / 100 Stress and recovery balance was poor.

AMOUNT OF STRESS REACTIONS **17h 25min**

≤ 60% Normal > 60% More than usual **73%**

AMOUNT OF RECOVERY (day & night) **1h 34min**

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

+ A moderate amount of recovery during the daytime (33min).

🌙 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 40min (Poor)**

AMOUNT OF RECOVERY DURING SLEEP **60min**

< 50% Low 50 - 74% Moderate ≥ 75% Good **21%**

QUALITY OF RECOVERY (Heart rate variability)

0 - 18 ms Low 19 - 36 ms Moderate ≥ 37 ms Good **30 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
1h 7min	7min	51min

🔥 ENERGY EXPENDITURE

TOTAL ENERGY EXPENDITURE

3901 kcal

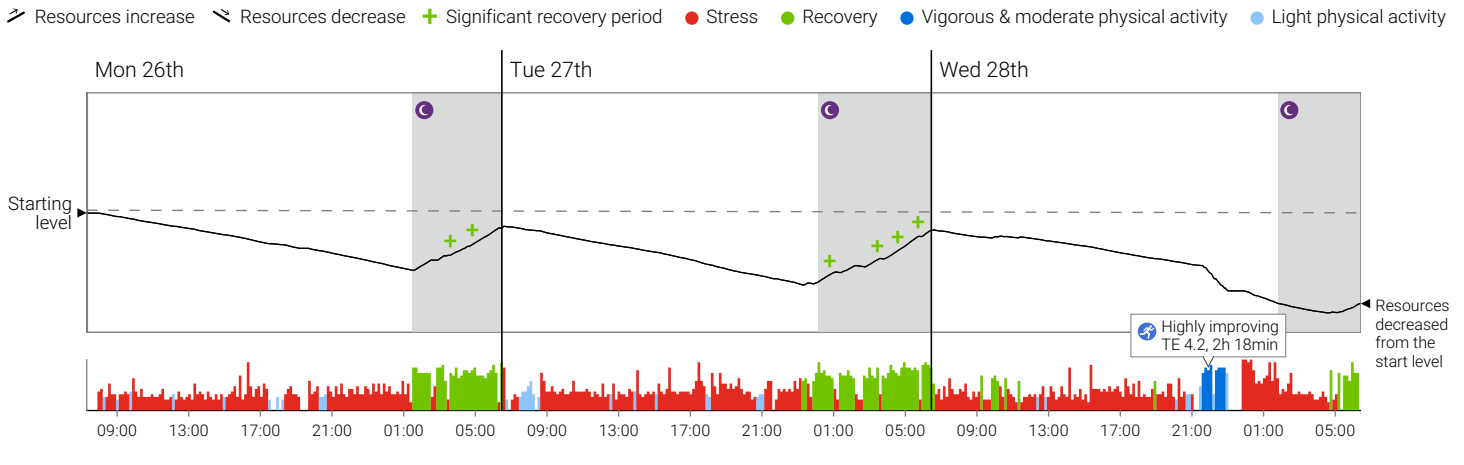
- Vigorous & moderate physical activity 831 kcal
- Light physical activity 286 kcal
- Other 2784 kcal

STEPS **6300** 👣

LIFESTYLE ASSESSMENT SUMMARY

Person: 397773	Assessment: 26.09.2016 - 28.09.2016		
Age: 40	Activity Class: 6.0 (Good)		
Height (cm): 182	Resting heart rate: 44		
Weight (kg): 90	Max. heart rate: 184		
Body Mass Index: 27.2			

BODY RESOURCES



LIFESTYLE ASSESSMENT SCORE

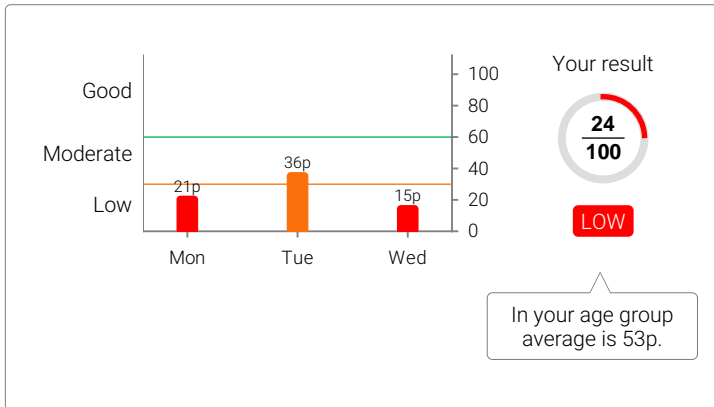
The score is based on your combined stress and recovery, sleep and physical activity result. By improving these areas, you can promote your well-being and improve your Lifestyle Assessment score.



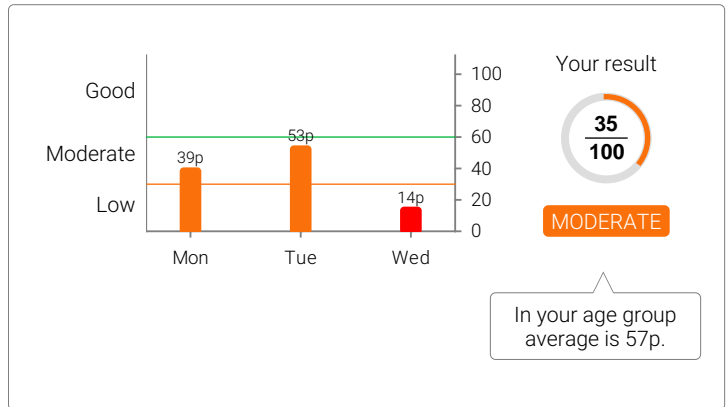
- 85 - 100p Excellent
- 60 - 84p Good
- 30 - 59p Moderate**
- 15 - 29p Low
- 0 - 14p Very low

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

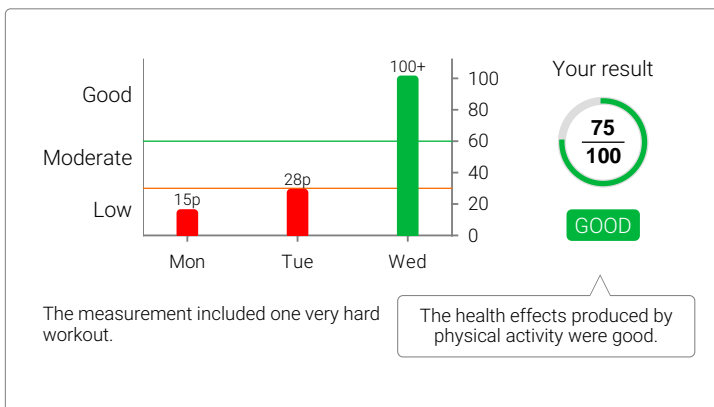
⚡ ⊕ STRESS AND RECOVERY BALANCE



🌙 RESTORATIVE EFFECT OF SLEEP



🏃 HEALTH EFFECTS OF PHYSICAL ACTIVITY



🔥 ENERGY EXPENDITURE

