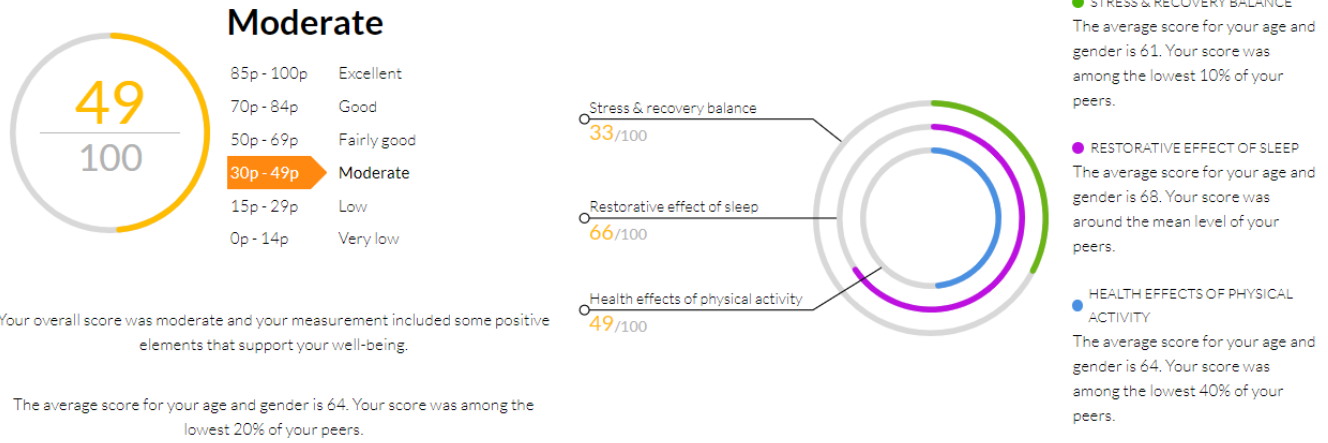


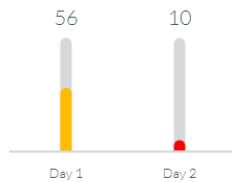
**NOTICE!** We have taken screenshots of the results (Case 1) and saved them as a pdf to make it easier for you to review the result for the purposes of this exercise. Please note that Firstbeat Life result is only available as a web report.

## FIRSTBEAT LIFE SCORE

Overall score is based on measurement of your combined stress and recovery, sleep and physical activity.



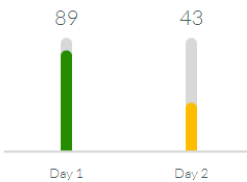
### STRESS & RECOVERY BALANCE



MODERATE

Your stress and recovery balance was moderate. Remember to pay attention to sufficient rest and relaxation.

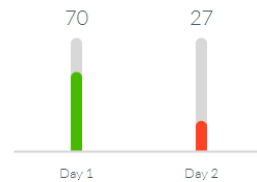
### RESTORATIVE EFFECT OF SLEEP



FAIRLY GOOD

The restorative effect of your sleep was fairly good. Try to promote good recovery with a healthy lifestyle and sufficient sleep.

### HEALTH EFFECTS OF PHYSICAL ACTIVITY

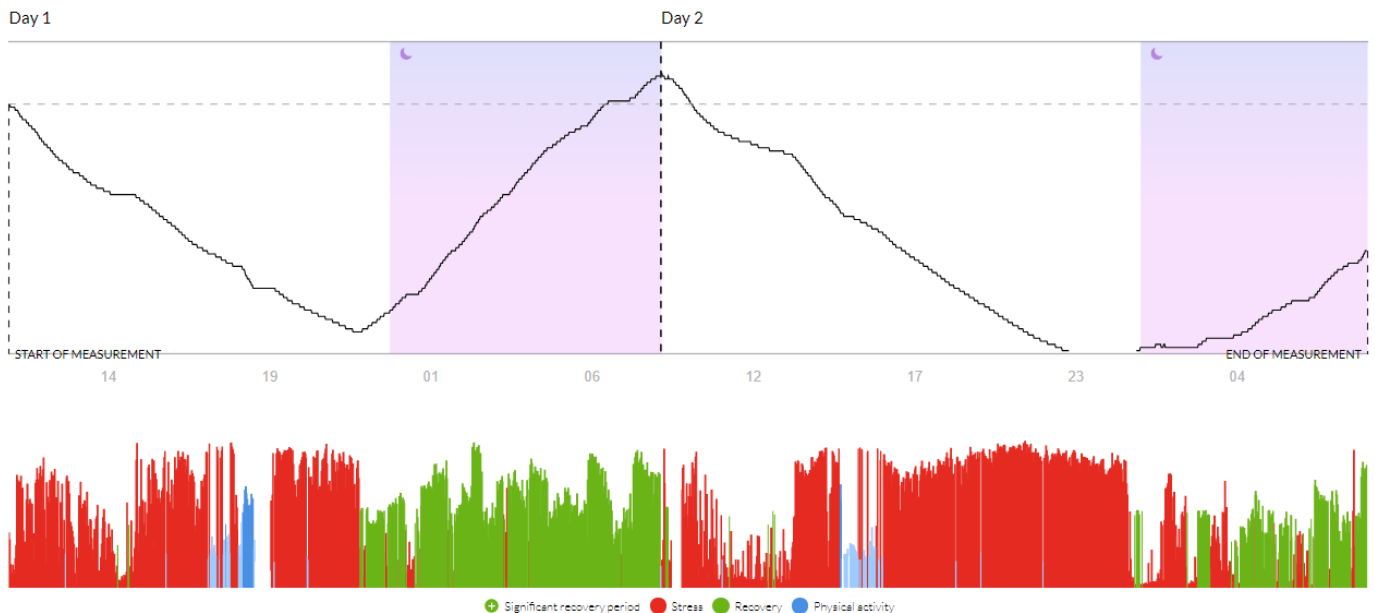


MODERATE

Your physical activity produced good health effects on 1 days.

## BODY RESOURCES

Your body resources decreased from the starting level. There was not enough recovery to balance the various stressors in your life.



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## FITNESS LEVEL

VO2max is the metric that defines your personal cardiorespiratory fitness level.

VO2max test was not completed during the measurement or the measured data quality during the test wasn't accurate enough to provide a reliable result.

## ABOUT MEASUREMENT

26/03/2021 - 28/03/2021

<b>Age</b>	<b>Height</b>	<b>Weight</b>	<b>Resting heart rate</b>
24	193cm	112kg (BMI 30.1)	38
			<b>Max. heart rate</b>
			196

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<b>Friday</b>	Start time 10:34	Heart rate (low/avg./high)
26/03/2021	Duration 22h 28min	42 / 71 / 163

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<b>Saturday</b>	Start time 09:02	Heart rate (low/avg./high)
27/03/2021	Duration 24h 21min	45 / 77 / 156

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### Stress & Recovery balance Day 1 Fri, 26/03/2021

BODY STATE  Show all  Stress  Recovery

Hide heart rate Show HRV



56  
100

The balance between stress and recovery was fairly good, thanks especially to your restorative sleep. Nice work!

AMOUNT OF STRESS REACTIONS

51%



11h 21min

AMOUNT OF RECOVERY

40%

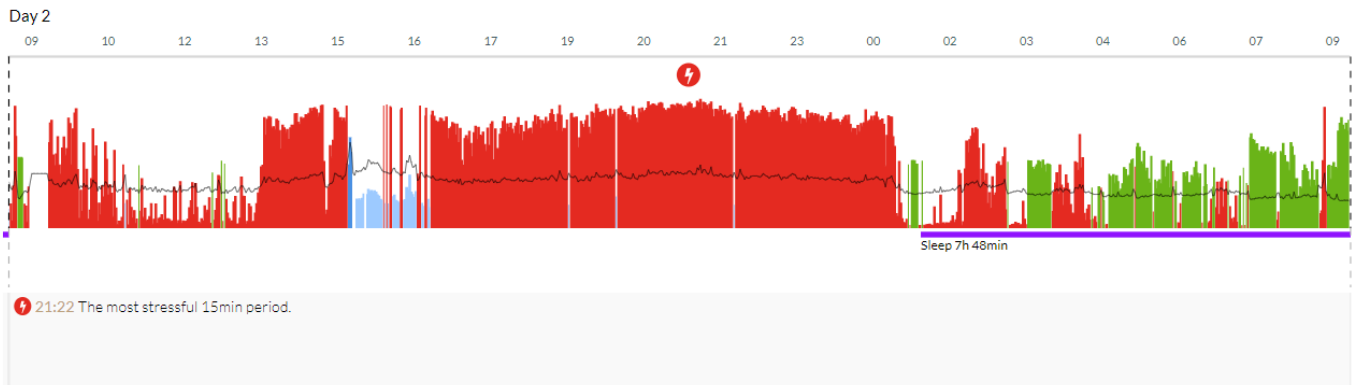


9h 1min

### Stress & Recovery balance Day 2 Sat, 27/03/2021

BODY STATE  Show all  Stress  Recovery

Hide heart rate Show HRV



10  
100

Your recovery was insufficient and your body seemed overloaded today. It is important to emphasize rest after these kind of days.

AMOUNT OF STRESS REACTIONS

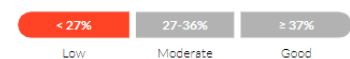
73%



17h 48min

AMOUNT OF RECOVERY

19%



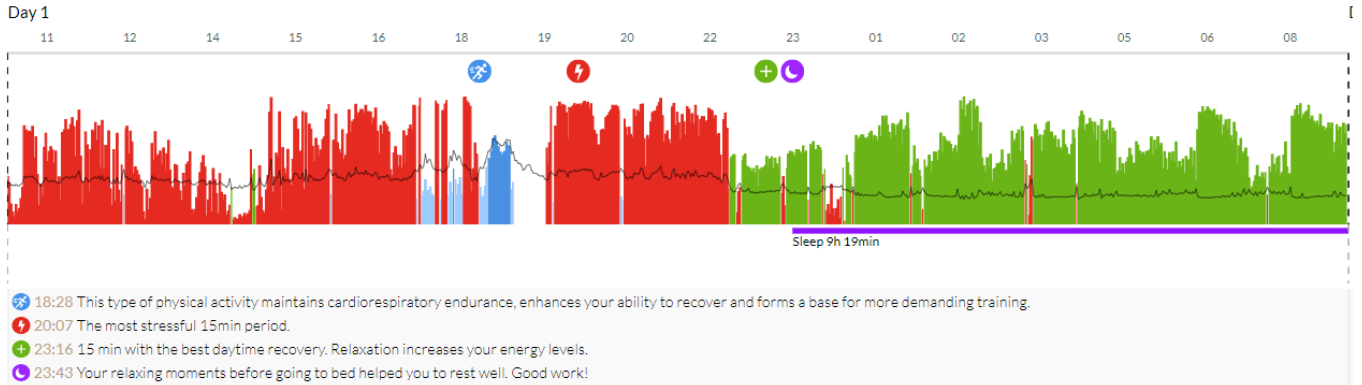
4h 32min

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### Restorative Effect of Sleep Day 1 Fri, 26/03/2021

#### BODY STATE

Hide heart rate Show HRV



89  
100

The restorative effect of sleep was excellent and you slept the recommended amount. Well done! Good sleep boosts vitality and helps you to stay healthy.

LENGTH OF SLEEP

9h 19min (Good)

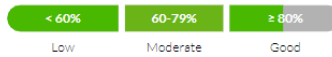
SELF-REPORTED SLEEP QUALITY

AMOUNT OF RECOVERY DURING SLEEP

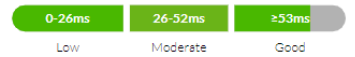
8h 4min

QUALITY OF RECOVERY (HRV)

87%



85ms



### Restorative Effect of Sleep Day 2 Sat, 27/03/2021

#### BODY STATE

Hide heart rate Show HRV



43  
100

Your sleep duration met the recommendations but the restorative quality was only moderate. Think factors that may have disturbed your sleep.

LENGTH OF SLEEP

7h 48min (Good)

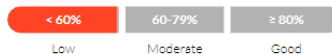
SELF-REPORTED SLEEP QUALITY

AMOUNT OF RECOVERY DURING SLEEP

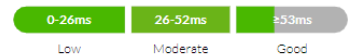
3h 46min

QUALITY OF RECOVERY (HRV)

48%



69ms



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### Physical activity Day 1 Fri, 26/03/2021

BODY STATE  Show all  During activities

Hide heart rate Show HRV



The health benefits of your physical activity were good. The amount and intensity were optimal for promoting health and vitality. Keep it up!

DURATION OF PHYSICAL ACTIVITY

13min vigorous  
10min moderate  
1h 10min light



1h 33min

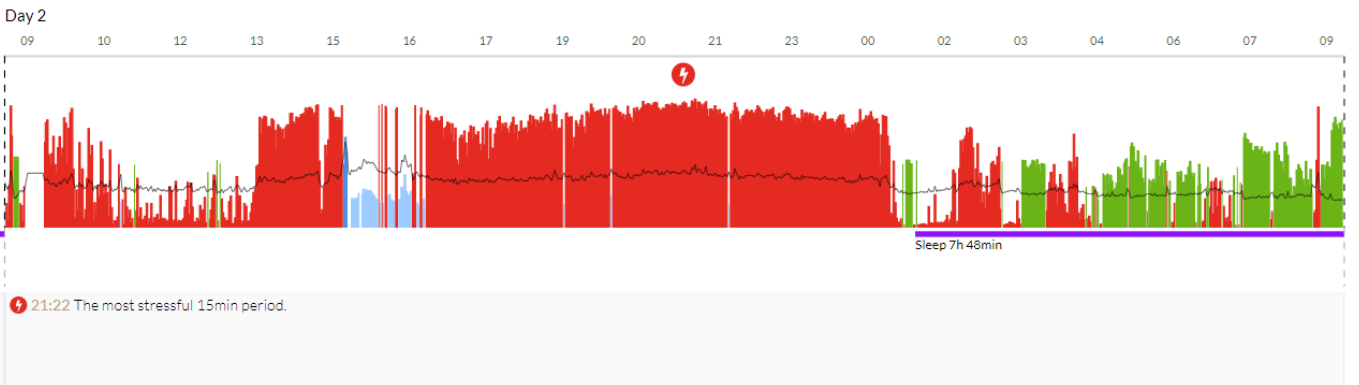
- Exercise 349kcal
- Light activity 395kcal
- Other 2982kcal

STEPS 5480

### Physical activity Day 2 Sat, 27/03/2021

BODY STATE  Show all  During activities

Hide heart rate Show HRV



The health effects of physical activity were low due to the low intensity of your activity. But any type of activity does have its benefits!

DURATION OF PHYSICAL ACTIVITY

3min vigorous  
3min moderate  
1h 27min light



1h 33min















- Exercise 87kcal
- Light activity 479kcal
- Other 3396kcal

STEPS 3727

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## QUESTIONNAIRE RESULTS

Health pre-questionnaire report questions and answers you gave before this measurement.

		Scale of answers
I feel that I sleep enough.	 Cannot say / neutral	
I think I exercise enough to gain health benefits.	 Partially agree	 Completely agree
In my opinion, my eating habits are healthy.	 Partially agree	 Partially agree
I feel that I consume alcohol in moderation.	 Partially agree	 Cannot say / neutral
I don't feel stressed.	 Partially agree	 Partially disagree
My days include breaks and time for recovery.	 Partially agree	 Completely disagree
I feel alert and energetic most of the time.	 Partially agree	
I'm satisfied with my job.	 Partially agree	
I'm satisfied with my personal relationships.	 Partially agree	
I feel well at the moment.	 Partially agree	

## GOALS

Personal goals you had set to make changes in your lifestyle.

No goals set