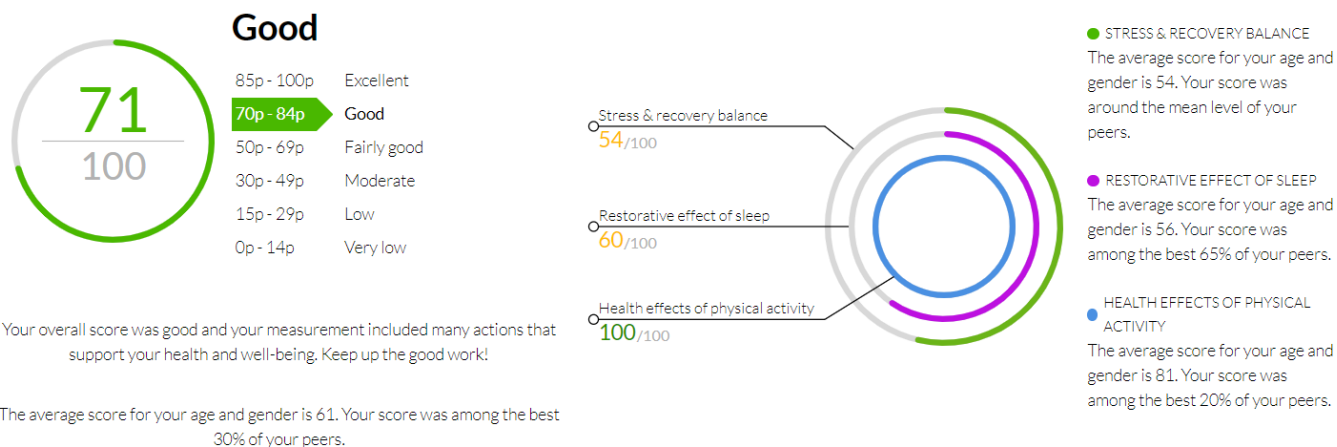


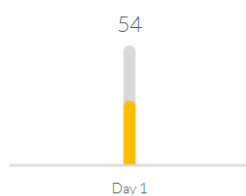
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FIRSTBEAT LIFE SCORE

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



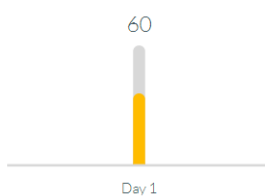
STRESS & RECOVERY BALANCE



FAIRLY GOOD

Your stress and recovery balance was fairly good. This improves coping and stress management.

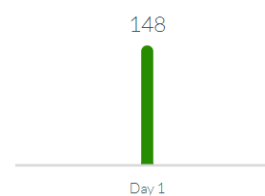
RESTORATIVE EFFECT OF SLEEP



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



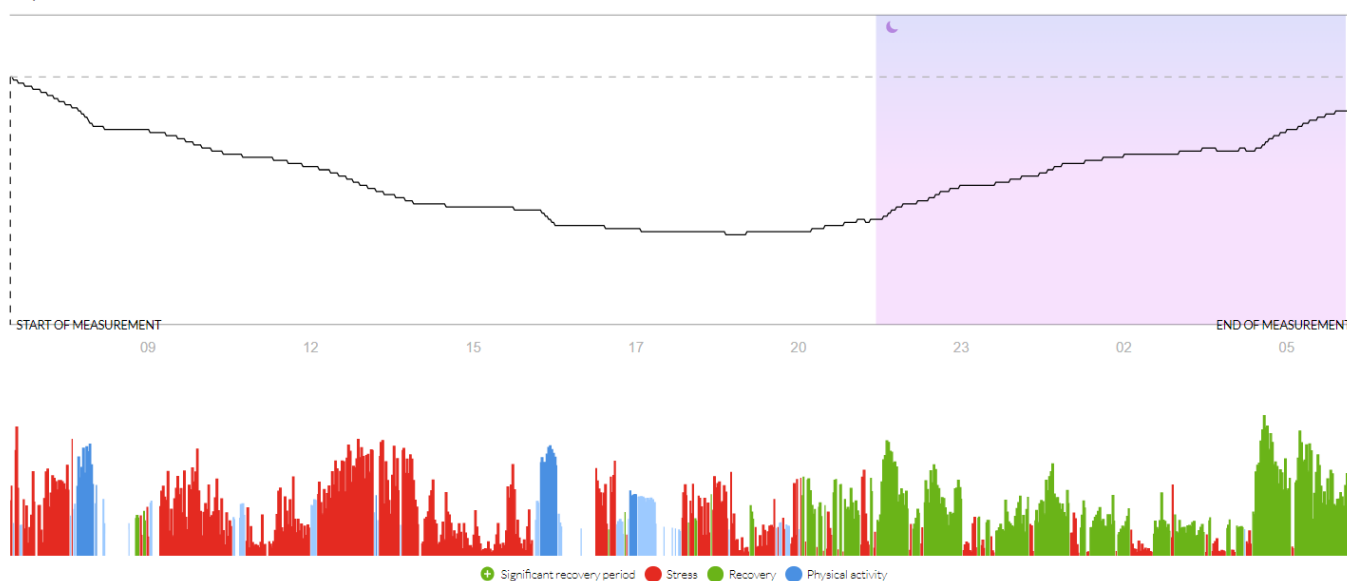
EXCELLENT

Your physical activity had an excellent impact on your health and vitality. Well done!

BODY RESOURCES

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

Day 1



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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

04/05/2021 - 05/05/2021

Age 58	Height 162cm	Weight 58kg (BMI 22.1)	Resting heart rate 49 Max. heart rate 189
Tuesday 04/05/2021	Start time 07:12 Duration 23h 60min	Heart rate (low/avg/high) 54 / 79 / 160	

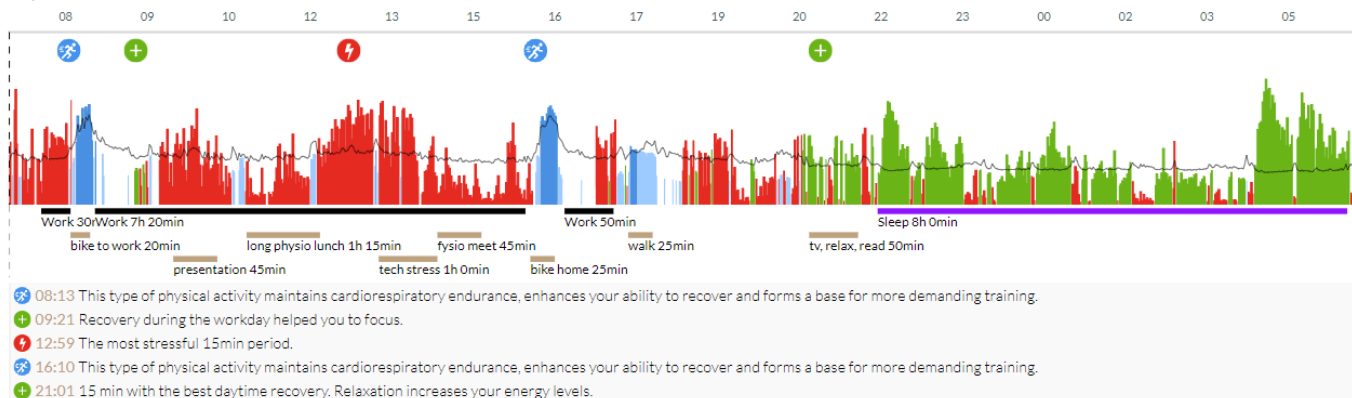
NOTICE! We have taken screenshots of the results (Case 2) and saved them as a pdf to make it easier for you to review the result for the purposes of this exercise. Please note that Firstbeat Life result is only available as a web report.

Stress & Recovery balance Day 1 Tue, 04/05/2021

BODY STATE Show all Stress Recovery

Hide heart rate Show HRV

Day 1



54
100

The balance between stress and recovery was fairly good. These kinds of days support your ability to cope with stress. Good work!

AMOUNT OF STRESS REACTIONS

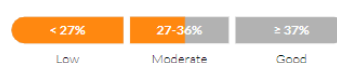
49%



11h 14min

AMOUNT OF RECOVERY

32%



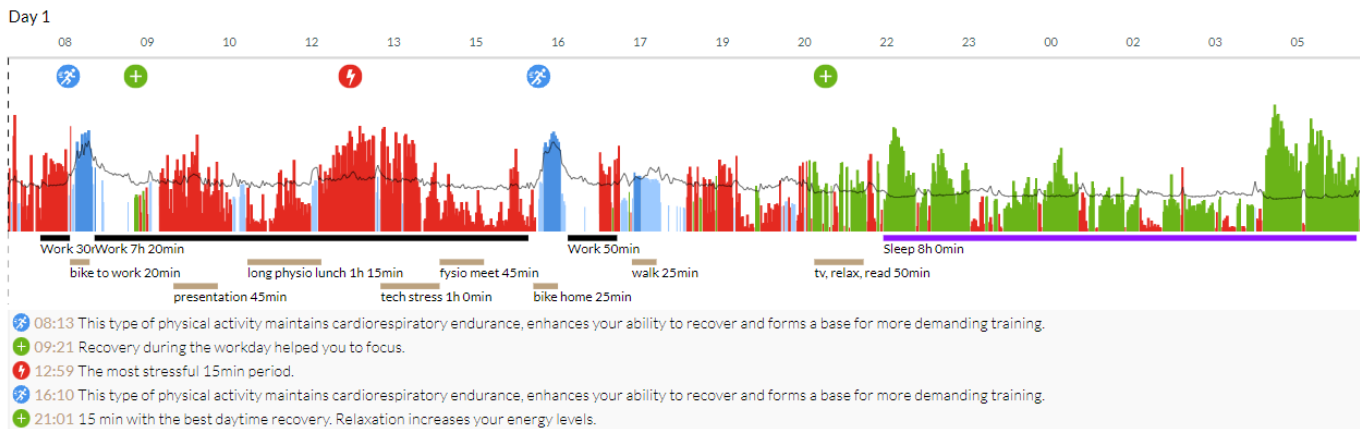
7h 27min

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Restorative Effect of Sleep Day 1 Tue, 04/05/2021

BODY STATE

Hide heart rate Show HRV



60
100

Your sleep was fairly restorative and the amount of sleep was in line with recommendations. Restorative sleep supports learning and memory.

LENGTH OF SLEEP

8h 0min (Good)

SELF-REPORTED SLEEP QUALITY



AMOUNT OF RECOVERY DURING SLEEP

6h 1min

QUALITY OF RECOVERY (HRV)

75%

< 60%

60-79%

≥ 80%

Low

Moderate

Good

18ms

0-14ms

14-25ms

≥26ms

Low

Moderate

Good

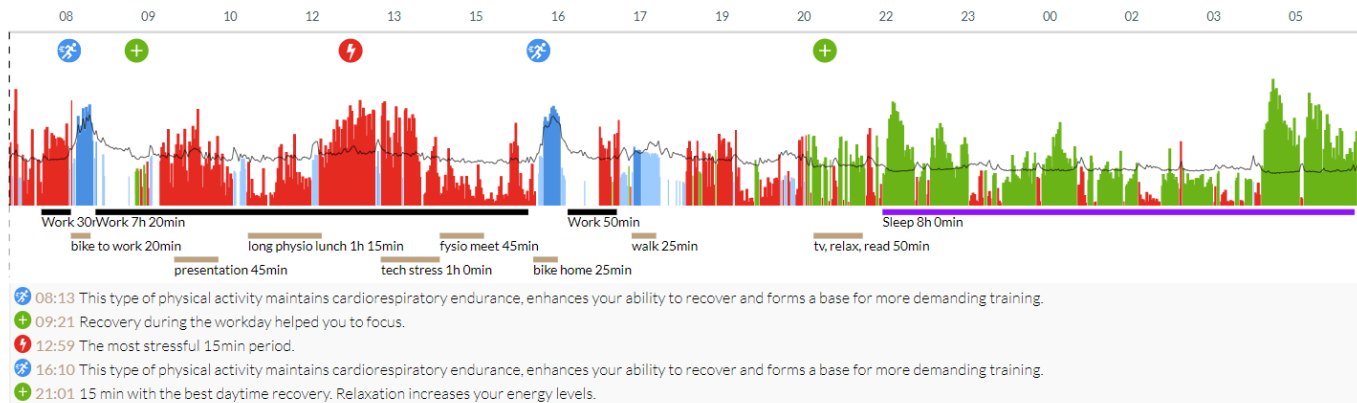
NOTICE! We have taken screenshots of the results (Case 2) and saved them as a pdf to make it easier for you to review the result for the purposes of this exercise. Please note that Firstbeat Life result is only available as a web report.

Physical activity Day 1 Tue, 04/05/2021

BODY STATE Show all During activities

Hide heart rate Show HRV

Day 1



148
100

Your day included a lot of physical activity that has a very positive impact on your health. Great!

DURATION OF PHYSICAL ACTIVITY

26min vigorous
27min moderate
1h 48min light

2h 42min

2279kcal
















● Exercise 378kcal
● Light activity 347kcal
○ Other 1554kcal

STEPS 5799

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

GOALS

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

No goals set