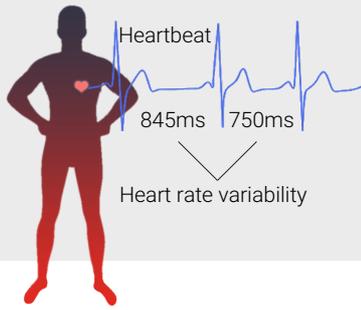


Firstbeat Lifestyle Assessment

2018 Case

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.

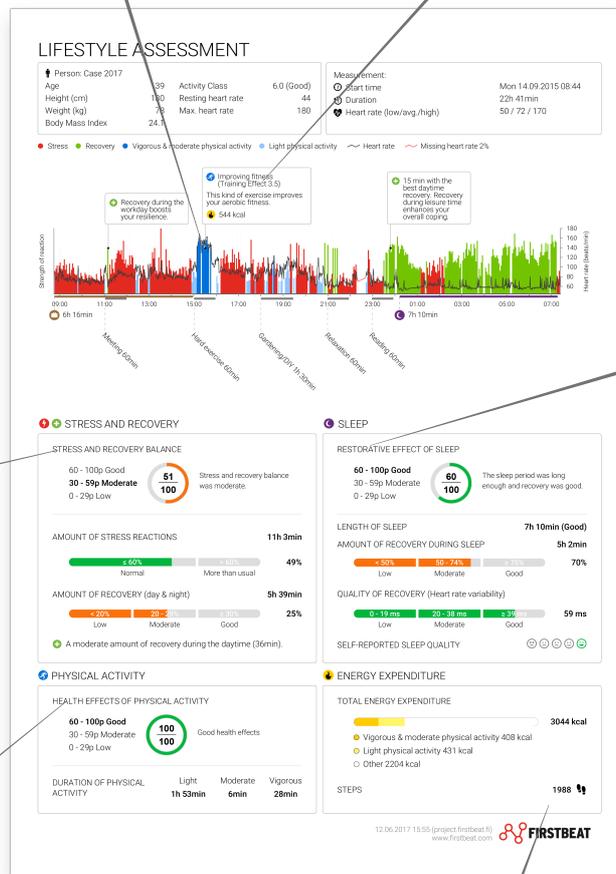
Physical activity means physical loading during which energy expenditure is significantly increased.

- 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

2018 Case

Measurement start date

28.03.2018

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.	😐 Cannot say
I feel that my alcohol consumption is not excessive.	😄 Completely agree
I don't generally feel stressed.	😞 Partially disagree
My days include breaks that allow me to recover.	😊 Partially agree
I usually feel rested and energetic.	😞 Partially disagree
I feel that I sleep enough.	😐 Cannot say
I feel that I can influence the things that affect my health.	😄 Completely agree
In my opinion, I feel well at the moment.	😊 Partially agree



Scale of answers:

Completely agree

Partially agree

Cannot say

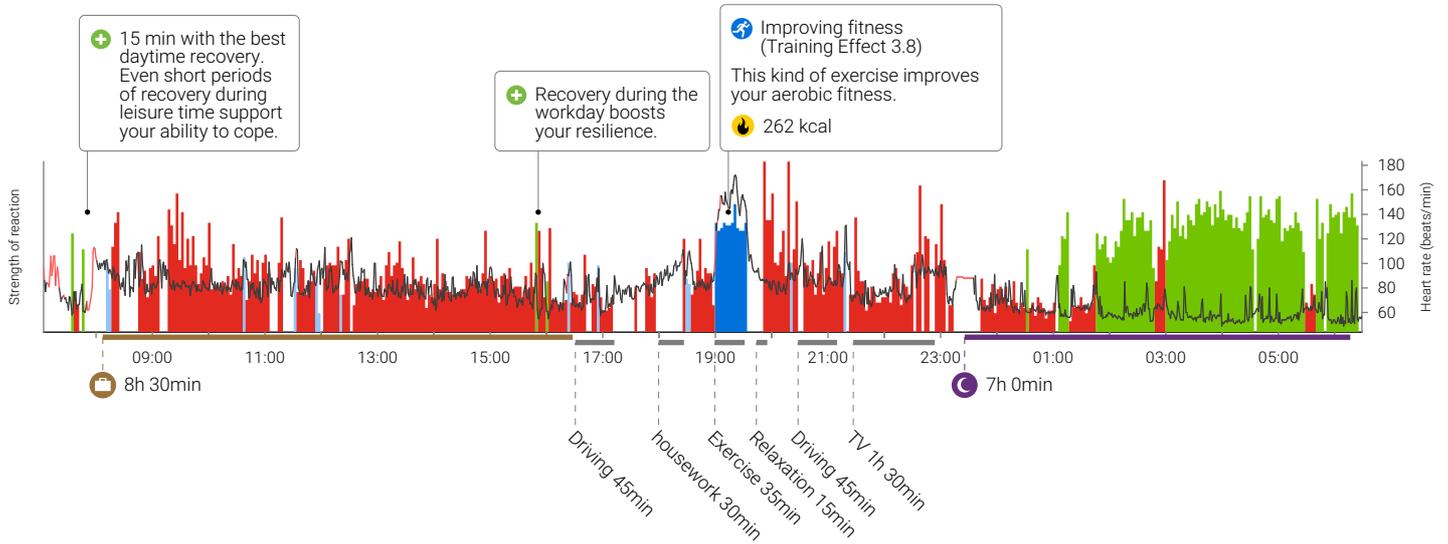
Partially disagree

Completely disagree

LIFESTYLE ASSESSMENT

Person: 2018 Case Age 39 Activity Class 2.0 (Poor) Height (cm) 171 Resting heart rate 44 Weight (kg) 76 Max. heart rate 183 Body Mass Index 26.0				Measurement: ⌚ Start time Wed 28.03.2018 07:04 ⌚ Duration 23h 26min ❤️ Heart rate (low/avg./high) 45 / 73 / 172	
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● Stress ● Recovery ● Vigorous & moderate physical activity ● Light physical activity ~ Heart rate ~ Missing heart rate 4%



⚡ + STRESS AND RECOVERY

STRESS AND RECOVERY BALANCE

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

27 / 100 Stress and recovery balance was poor.

AMOUNT OF STRESS REACTIONS **12h 50min**

≤ 60% Normal > 60% More than usual **55%**

AMOUNT OF RECOVERY (day & night) **4h 20min**

< 20% Low 20 - 29% Moderate ≥ 30% Good **19%**

+ A small amount of recovery during the daytime (10min).

🌙 SLEEP

RESTORATIVE EFFECT OF SLEEP

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

49 / 100 The sleep period was long enough, but recovery was only moderate.

LENGTH OF SLEEP **7h 0min (Good)**

AMOUNT OF RECOVERY DURING SLEEP **4h 10min**

< 50% Low 50 - 74% Moderate ≥ 75% Good **60%**

QUALITY OF RECOVERY (Heart rate variability)

0 - 19 ms Low 20 - 38 ms Moderate ≥ 39 ms Good **50 ms**

SELF-REPORTED SLEEP QUALITY 😊 😐 😞 😄 😊

🏃 PHYSICAL ACTIVITY

HEALTH EFFECTS OF PHYSICAL ACTIVITY

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

75 / 100 Good health effects

DURATION OF PHYSICAL ACTIVITY

Light	Moderate	Vigorous
26min	29min	5min

🔥 ENERGY EXPENDITURE

TOTAL ENERGY EXPENDITURE

2249 kcal

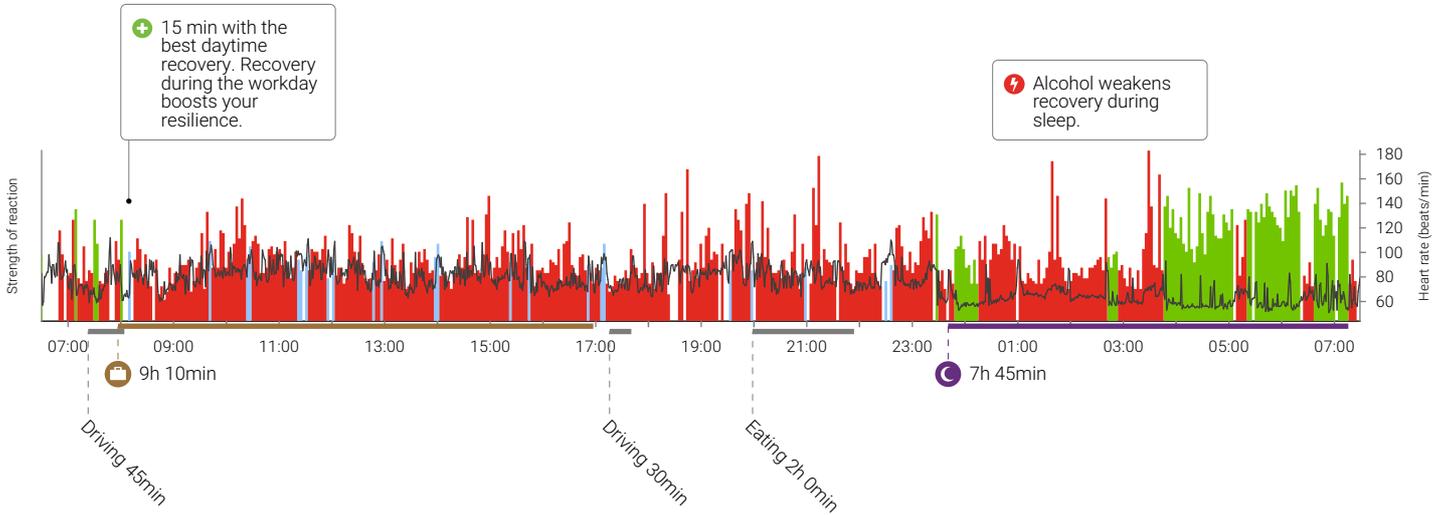
- Vigorous & moderate physical activity 271 kcal
- Light physical activity 96 kcal
- Other 1882 kcal

STEPS **7987** 👣

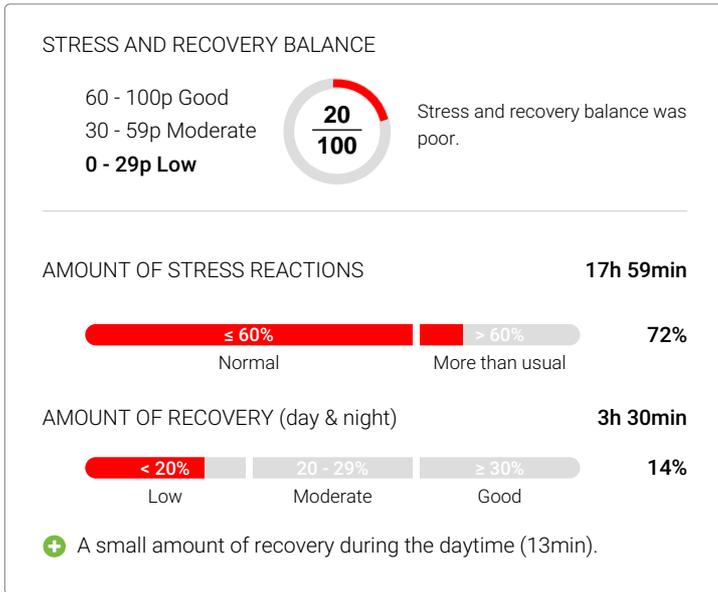
LIFESTYLE ASSESSMENT

Person: 2018 Case Age 39 Activity Class 2.0 (Poor) Height (cm) 171 Resting heart rate 44 Weight (kg) 76 Max. heart rate 183 Body Mass Index 26.0				Measurement: ⌚ Start time Thu 29.03.2018 06:30 ⌚ Duration 25h 0min ❤️ Heart rate (low/avg./high) 48 / 70 / 112 Additional information: 🍷 Alcohol 4 units	
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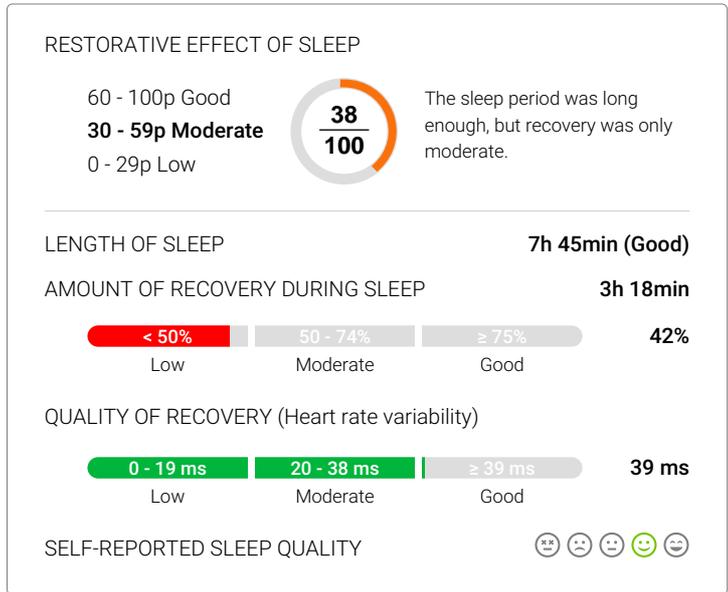
● Stress ● Recovery ● Vigorous & moderate physical activity ● Light physical activity ~ Heart rate ~ Missing heart rate 0%



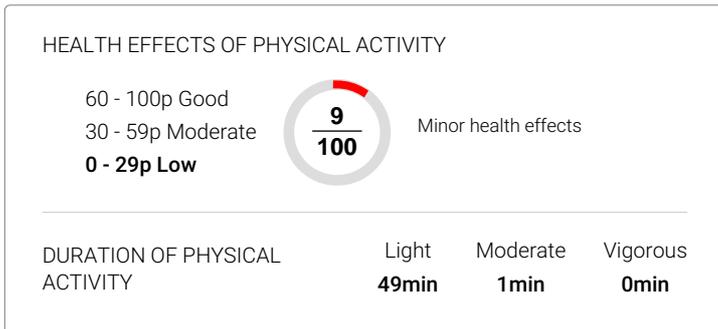
⚡ + STRESS AND RECOVERY



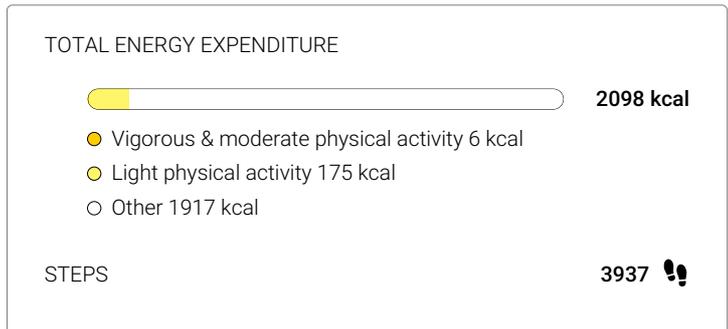
🌙 SLEEP



🚶 PHYSICAL ACTIVITY



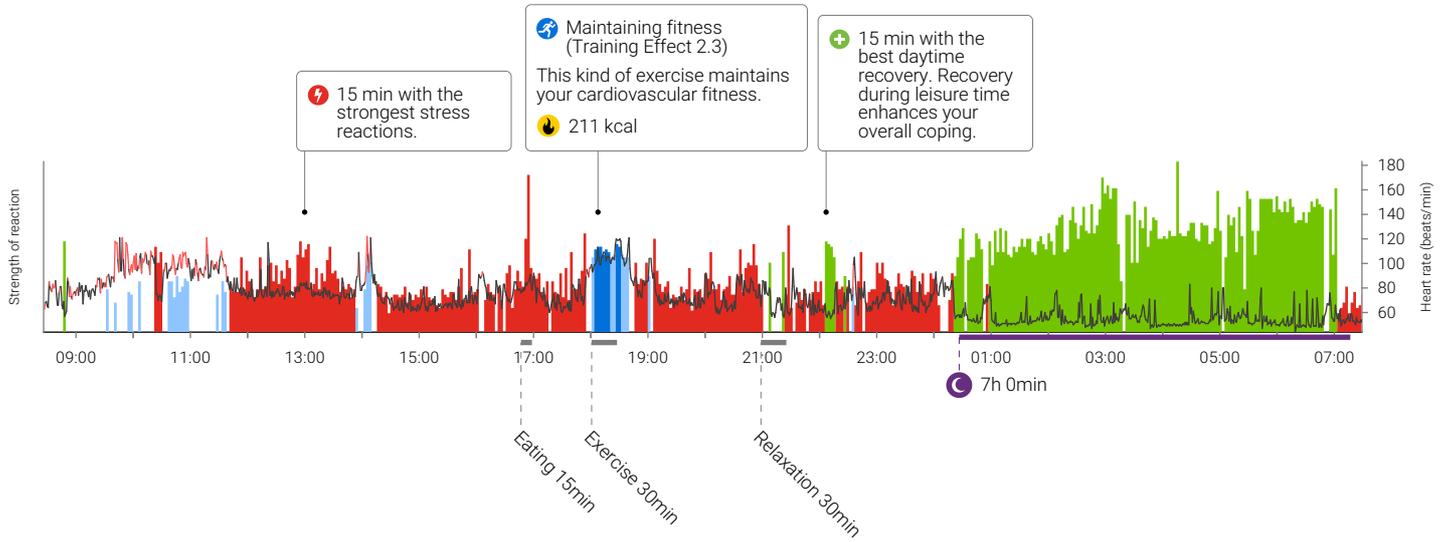
🔥 ENERGY EXPENDITURE



LIFESTYLE ASSESSMENT

Person: 2018 Case Age 39 Activity Class 2.0 (Poor) Height (cm) 171 Resting heart rate 44 Weight (kg) 76 Max. heart rate 183 Body Mass Index 26.0				Measurement: ⌚ Start time Fri 30.03.2018 08:26 ⌚ Duration 23h 4min ❤️ Heart rate (low/avg./high) 44 / 66 / 124	
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● Stress ● Recovery ● Vigorous & moderate physical activity ● Light physical activity — Heart rate — Missing heart rate 8%



⚡ + STRESS AND RECOVERY

STRESS AND RECOVERY BALANCE

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

60 / 100 Stress and recovery balance was good.

AMOUNT OF STRESS REACTIONS **10h 13min**

≤ 60% Normal
 > 60% More than usual

AMOUNT OF RECOVERY (day & night) **6h 28min**

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

+ A small amount of recovery during the daytime (29min).

🌙 SLEEP

RESTORATIVE EFFECT OF SLEEP

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

74 / 100 The sleep period was long enough and recovery was good.

LENGTH OF SLEEP **7h 0min (Good)**

AMOUNT OF RECOVERY DURING SLEEP **5h 59min**

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

QUALITY OF RECOVERY (Heart rate variability)

0 - 19 ms Low
 20 - 38 ms Moderate
 ≥ 39 ms Good

SELF-REPORTED SLEEP QUALITY 😊 😊 😊 😊 😊

🏃 PHYSICAL ACTIVITY

HEALTH EFFECTS OF PHYSICAL ACTIVITY

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

55 / 100 Moderate health effects

DURATION OF PHYSICAL ACTIVITY

Light	Moderate	Vigorous
1h 6min	20min	0min

🔥 ENERGY EXPENDITURE

TOTAL ENERGY EXPENDITURE

2099 kcal

- 🟡 Vigorous & moderate physical activity 118 kcal
- 🟡 Light physical activity 248 kcal
- ⬜ Other 1732 kcal

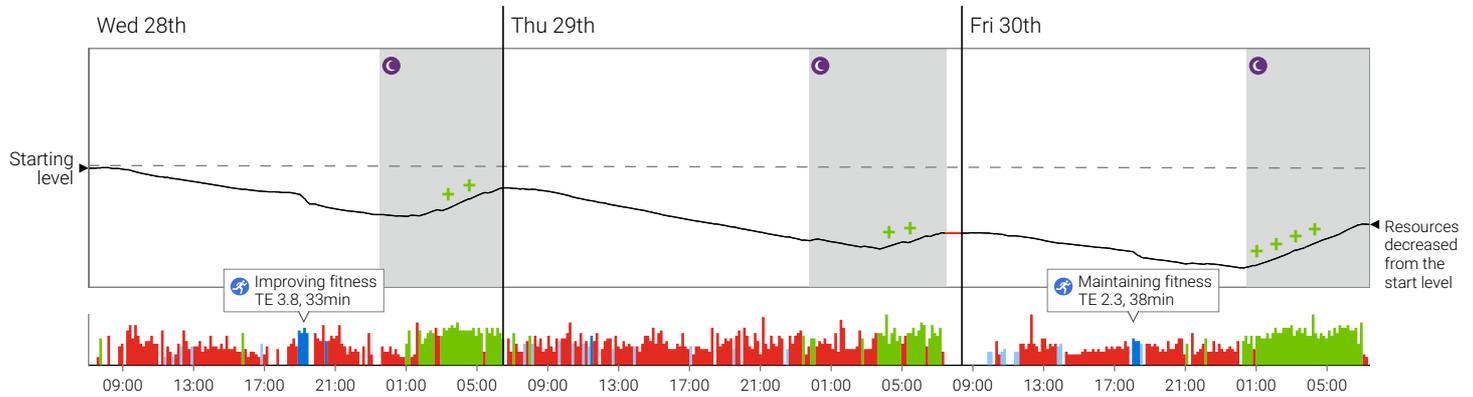
STEPS **5425** 👣

LIFESTYLE ASSESSMENT SUMMARY

Person: 2018 Case				Assessment: 28.03.2018 - 30.03.2018	
Age	39	Activity Class	2.0 (Poor)		
Height (cm)	171	Resting heart rate	44		
Weight (kg)	76	Max. heart rate	183		
Body Mass Index	26.0				
Additional information:				Alcohol: Thu 29th (4 units)	

BODY RESOURCES

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



LIFESTYLE ASSESSMENT SCORE

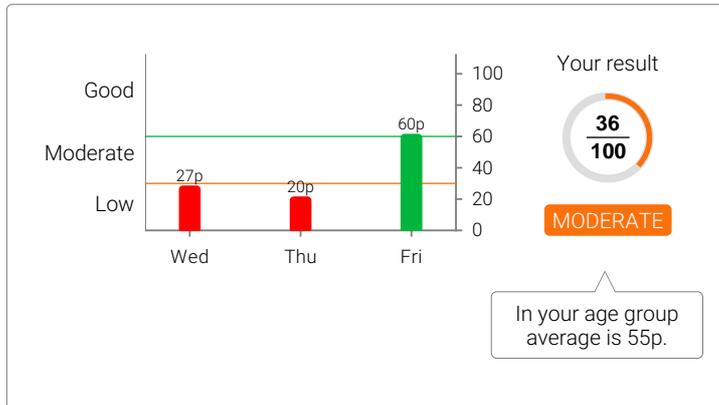
The score is based on your combined stress and recovery, sleep and physical activity result. By improving these areas, you can promote your well-being and improve your Lifestyle Assessment score.



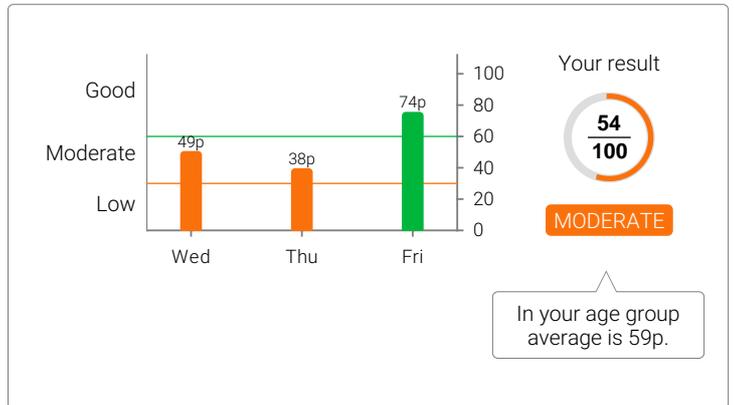
- 85 - 100p Excellent
- 60 - 84p Good
- 30 - 59p Moderate**
- 15 - 29p Low
- 0 - 14p Very low

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

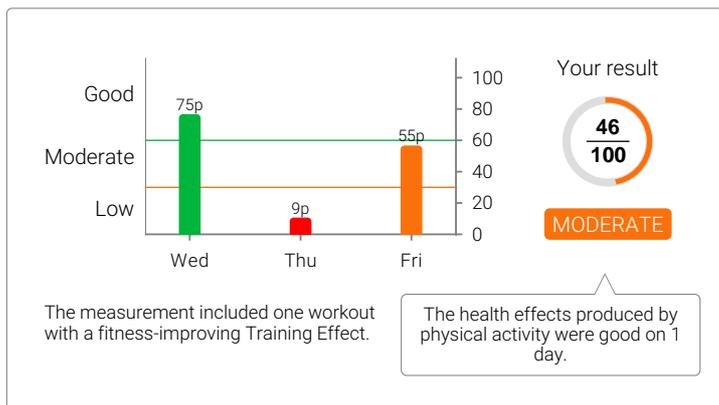
STRESS AND RECOVERY BALANCE



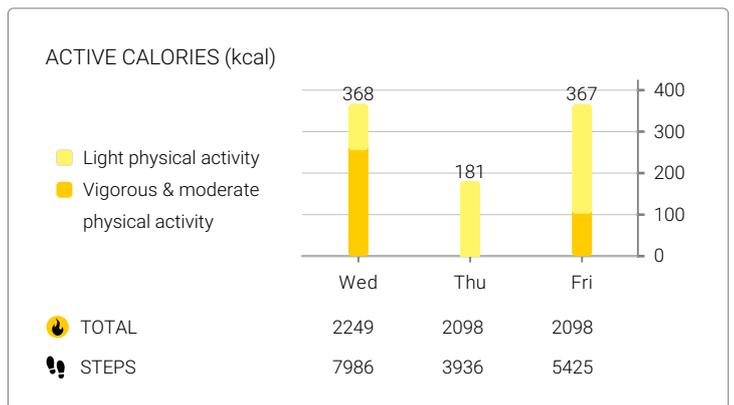
RESTORATIVE EFFECT OF SLEEP



HEALTH EFFECTS OF PHYSICAL ACTIVITY



ENERGY EXPENDITURE



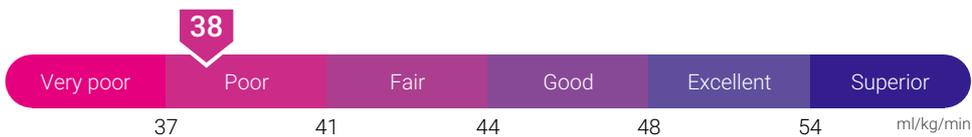
FITNESS LEVEL

Person: 2018 Case

Age	39	Activity Class	2.0 (Poor)
Height (cm)	171	Resting heart rate	44
Weight (kg)	76	Max. heart rate	183
Body Mass Index	26.0		

Assessment: 28.03.2018 - 30.03.2018

FITNESS LEVEL (VO2max)



Your VO2max result is **38** ml/kg/min.

According to your age and gender your fitness level is **Poor**.

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.

Own goals