Firstbeat Lifestyle Assessment

FIRSTBEAT Lifestyle Assessment

PRE-QUESTIONNAIRE REPORT

Profile

Case 2017

Measurement start date

14.09.2015

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

ⓘ *Scale of answers:*
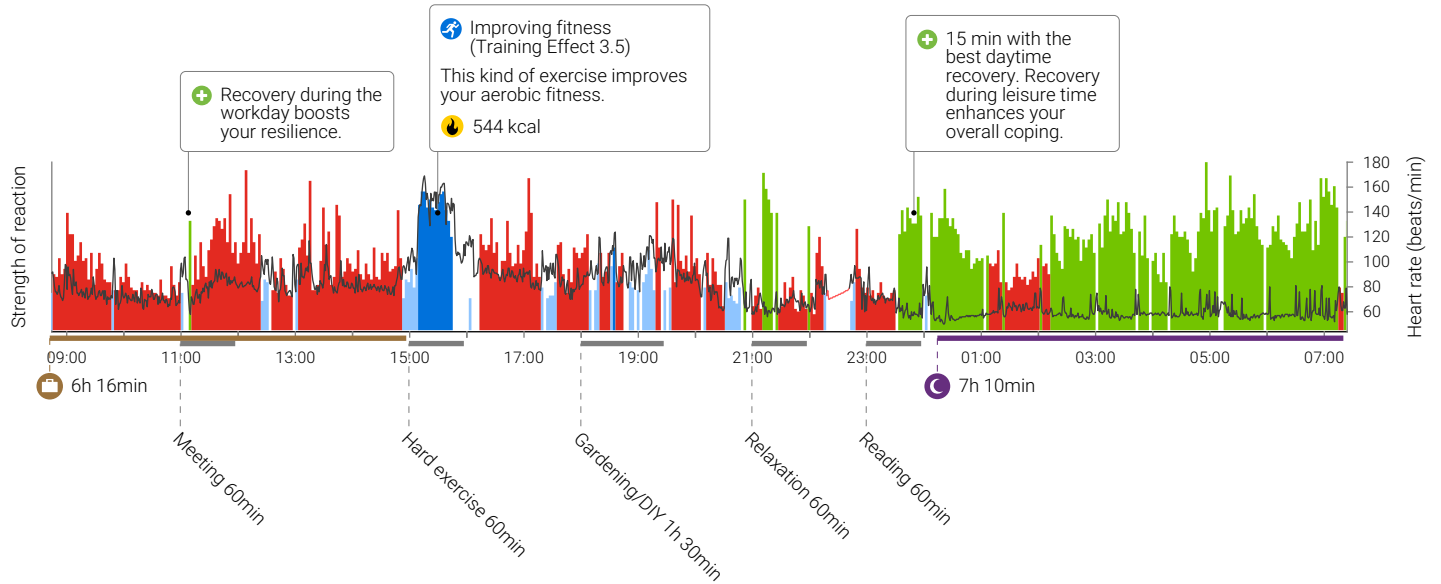*Completely agree*
Partially agree
Cannot say
Partially disagree
Completely disagree

LIFESTYLE ASSESSMENT

Person: Case 2017

Age	39	Activity Class	6.0 (Good)
Height (cm)	180	Resting heart rate	44
Weight (kg)	78	Max. heart rate	180
Body Mass Index	24.1		

Measurement:

Start time	Mon 14.09.2015 08:44
Duration	22h 41min
Heart rate (low/avg./high)	50 / 72 / 170

● Stress ● Recovery ● Vigorous & moderate physical activity ● Light physical activity 〜 Heart rate 〜 Missing heart rate 2%

Recovery during the workday boosts your resilience.

Improving fitness (Training Effect 3.5) This kind of exercise improves your aerobic fitness. 🔥 544 kcal

15 min with the best daytime recovery. Recovery during leisure time enhances your overall coping.

6h 16min   7h 10min

Meeting 60min   Hard exercise 60min   Gardening/DIY 1h 30min   Relaxation 60min   Reading 60min

⚡➕ STRESS AND RECOVERY

STRESS AND RECOVERY BALANCE

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

51/100

Stress and recovery balance was moderate.

AMOUNT OF STRESS REACTIONS   **11h 3min**

≤ 60% Normal	> 60% More than usual	**49%**

AMOUNT OF RECOVERY (DAY & NIGHT)   **5h 39min**

< 20% Low	20 - 29% Moderate	≥ 30% Good	**25%**

➕ A moderate amount of recovery during the daytime (36min).

🌙 SLEEP

RESTORATIVE EFFECT OF SLEEP

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

60/100

The sleep period was long enough and recovery was good.

LENGTH OF SLEEP	**7h 10min (Good)**
AMOUNT OF RECOVERY DURING SLEEP	**5h 2min**

< 50% Low	50 - 74% Moderate	≥ 75% Good	**70%**

QUALITY OF RECOVERY (Heart rate variability)   **59 ms**

0 - 19 ms Low	20 - 38 ms Moderate	≥ 39 ms Good	**59 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 53min	**6min**	**28min**

🔥 ENERGY EXPENDITURE

TOTAL ENERGY EXPENDITURE

3044 kcal

- ● Vigorous & moderate physical activity 408 kcal
- ○ Light physical activity 431 kcal
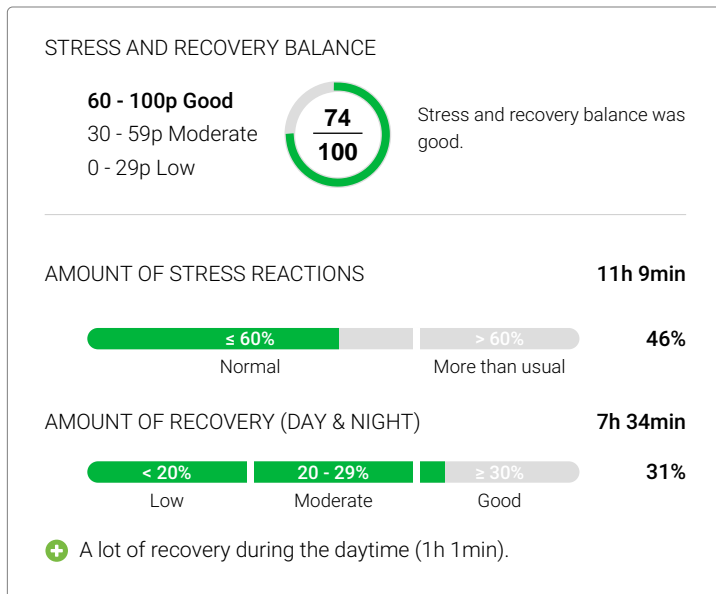- ○ Other 2204 kcal

STEPS   **9988** 👣

08.06.2017 10:59 (project.firstbeat.fi)
www.firstbeat.com   FIRSTBEAT

LIFESTYLE ASSESSMENT

Person: Case 2017

Age	39	Activity Class	6.0 (Good)
Height (cm)	180	Resting heart rate	44
Weight (kg)	78	Max. heart rate	180
Body Mass Index	24.1		

Measurement:

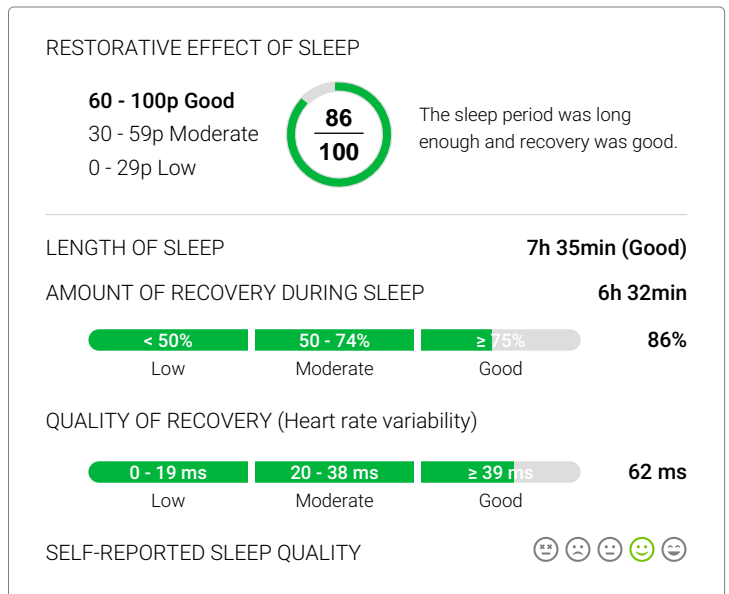|		
⏱ Start time		Tue 15.09.2015 07:24
⏱ Duration		24h 7min
♥ Heart rate (low/avg./high)		49 / 68 / 137

● Stress ● Recovery ● Vigorous & moderate physical activity ● Light physical activity 〜 Heart rate 〜 Missing heart rate 1%
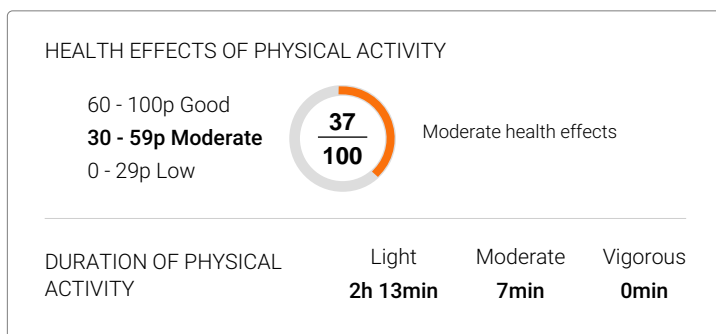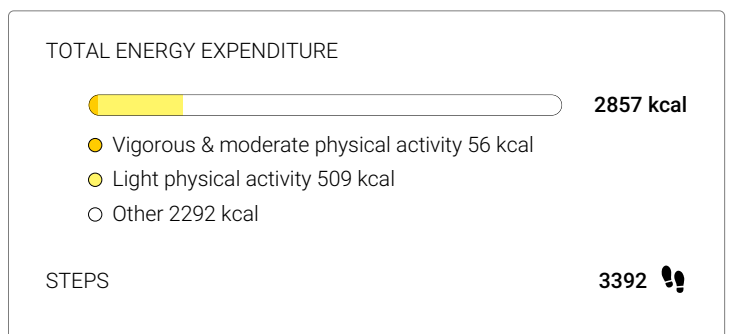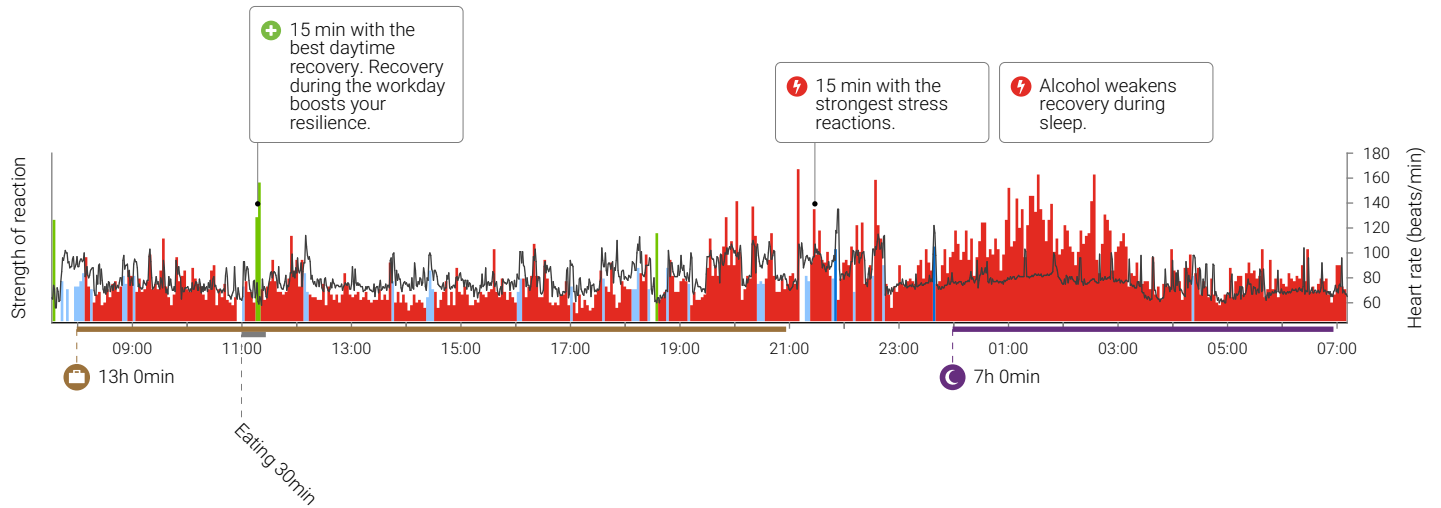
➕ Recovery during the workday boosts your resilience.

➕ 15 min with the best daytime recovery. Recovery during leisure time enhances your overall coping.

Strength of reaction — Heart rate (beats/min)

8h 0min

7h 30min

Exercise 1h 30min

⚡➕ STRESS AND RECOVERY

STRESS AND RECOVERY BALANCE

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

74/100

Stress and recovery balance was good.

AMOUNT OF STRESS REACTIONS — 11h 9min

≤ 60%	> 60%	**46%**
Normal	More than usual	

AMOUNT OF RECOVERY (DAY & NIGHT) — 7h 34min

< 20%	20 - 29%	≥ 30%	**31%**
Low	Moderate	Good	

➕ A lot of recovery during the daytime (1h 1min).

☾ SLEEP

RESTORATIVE EFFECT OF SLEEP

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

86/100

The sleep period was long enough and recovery was good.

LENGTH OF SLEEP	7h 35min (Good)

AMOUNT OF RECOVERY DURING SLEEP — 6h 32min

< 50%	50 - 74%	≥ 75%	**86%**
Low	Moderate	Good	

QUALITY OF RECOVERY (Heart rate variability)

0 - 19 ms	20 - 38 ms	≥ 39 ms	**62 ms**
Low	Moderate	Good	

SELF-REPORTED SLEEP QUALITY   ☹ 😕 😐 🙂 😊

🌐 PHYSICAL ACTIVITY

HEALTH EFFECTS OF PHYSICAL ACTIVITY

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

37/100

Moderate health effects

DURATION OF PHYSICAL ACTIVITY	Light	Moderate	Vigorous
	2h 13min	**7min**	**0min**

🔥 ENERGY EXPENDITURE

TOTAL ENERGY EXPENDITURE

2857 kcal

● Vigorous & moderate physical activity 56 kcal
● Light physical activity 509 kcal
○ Other 2292 kcal

STEPS	3392 👣

LIFESTYLE ASSESSMENT

Person: Case 2017

Age	39	Activity Class	6.0 (Good)	
Height (cm)	180	Resting heart rate	44	
Weight (kg)	78	Max. heart rate	180	
Body Mass Index	24.1			

Measurement:

Start time	Wed 16.09.2015 07:31
Duration	23h 40min
Heart rate (low/avg./high)	54 / 75 / 136

Additional information: 🍷 Alcohol 4 units
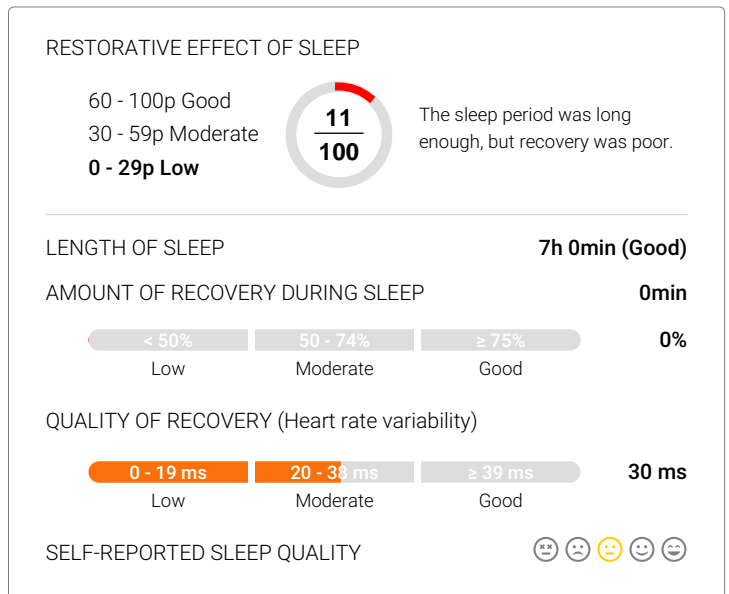
● Stress ● Recovery ● Vigorous & moderate physical activity ● Light physical activity ⌁ Heart rate ⌁ Missing heart rate 0%

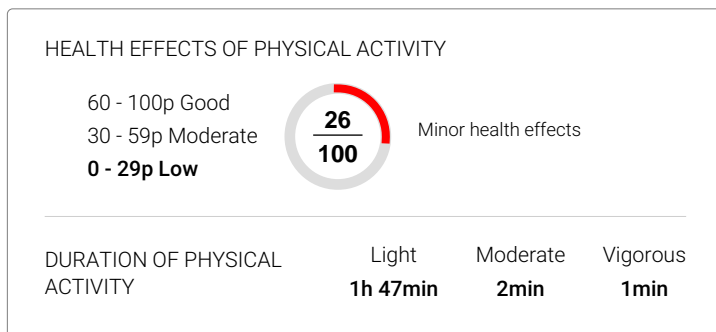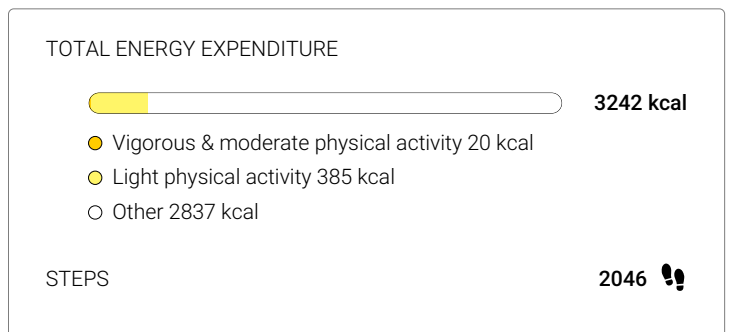- ➕ 15 min with the best daytime recovery. Recovery during the workday boosts your resilience.
- ⚡ 15 min with the strongest stress reactions.
- ⚡ Alcohol weakens recovery during sleep.

🕐 13h 0min
Eating 30min
🌙 7h 0min

⚡➕ STRESS AND RECOVERY

STRESS AND RECOVERY BALANCE

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

4/100

Stress and recovery balance was poor.

AMOUNT OF STRESS REACTIONS — **20h 52min**

≤ 60%	> 60%	**88%**
Normal	More than usual	

AMOUNT OF RECOVERY (DAY & NIGHT) — **10min**

< 20%	20 - 29%	≥ 30%	**1%**
Low	Moderate	Good	

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

🌙 SLEEP

RESTORATIVE EFFECT OF SLEEP

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

11/100

The sleep period was long enough, but recovery was poor.

LENGTH OF SLEEP	**7h 0min (Good)**
AMOUNT OF RECOVERY DURING SLEEP	**0min**

< 50%	50 - 74%	≥ 75%	**0%**
Low	Moderate	Good	

QUALITY OF RECOVERY (Heart rate variability)

0 - 19 ms	20 - 38 ms	≥ 39 ms	**30 ms**
Low	Moderate	Good	

SELF-REPORTED SLEEP QUALITY ☹ 😐 🙂 ☺ 😄

🌐 PHYSICAL ACTIVITY

HEALTH EFFECTS OF PHYSICAL ACTIVITY

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

26/100

Minor health effects

DURATION OF PHYSICAL ACTIVITY

	Light	Moderate	Vigorous
	1h 47min	**2min**	**1min**

🔥 ENERGY EXPENDITURE

TOTAL ENERGY EXPENDITURE

3242 kcal

- ● Vigorous & moderate physical activity 20 kcal
- ● Light physical activity 385 kcal
- ○ Other 2837 kcal

STEPS **2046** 👣

LIFESTYLE ASSESSMENT SUMMARY

🚹 Person: Case 2017			
Age	39	Activity Class	6.0 (Good)
Height (cm)	180	Resting heart rate	44
Weight (kg)	78	Max. heart rate	180
Body Mass Index	24.1		

Assessment: 14.09.2015 - 16.09.2015
Additional information:
🍷 Alcohol: Wed 16th (4 units)

🔋 BODY RESOURCES

⚹ Resources increase   ⚺ Resources decrease   ✚ Significant recovery period   ● Stress   ● Recovery   ● Vigorous & moderate physical activity   ● Light physical activity

Mon 14th   Tue 15th   Wed 16th

Starting level

Improving fitness
TE 3.5, 1h 13min

Resources decreased from the start level

00:00 13:00 17:00 21:00 01:00 05:00 09:00 13:00 17:00 21:00 01:00 05:00 09:00 13:00 17:00 21:00 01:00 05:00
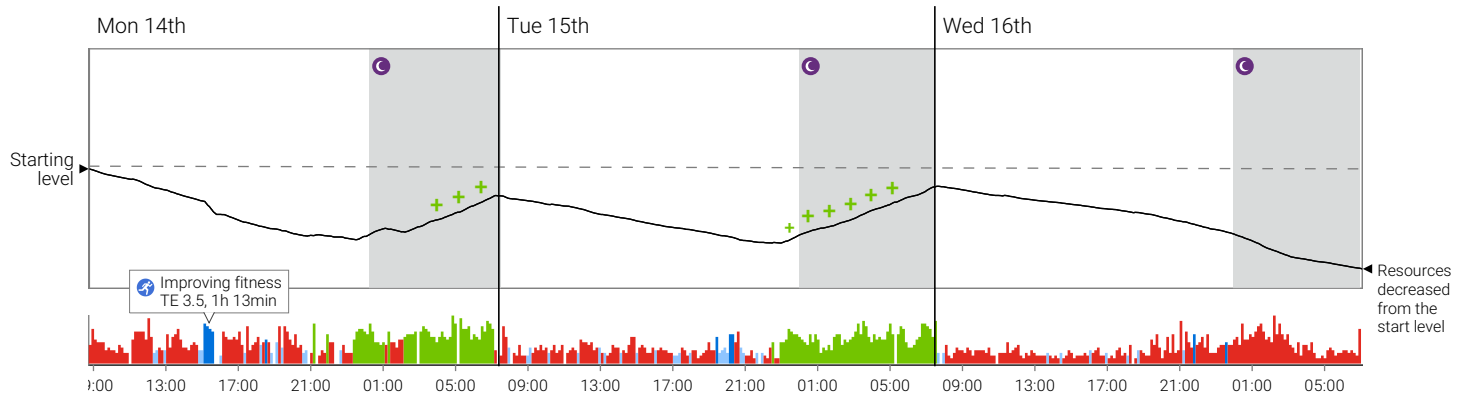
LIFESTYLE ASSESSMENT SCORE

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.
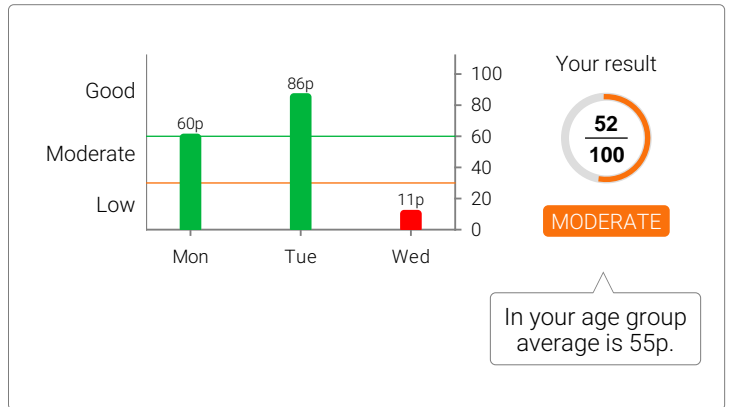
52 / 100

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

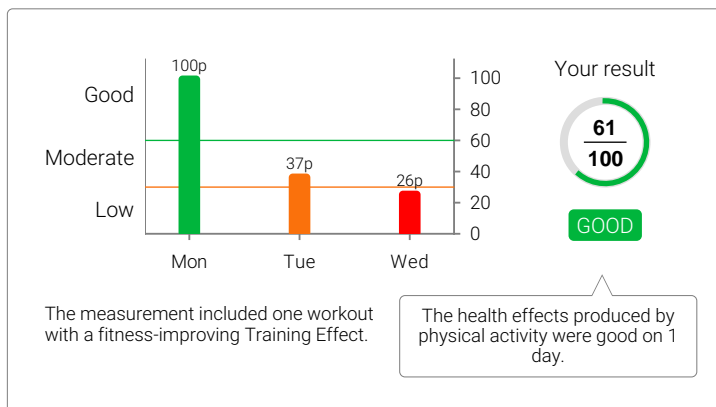The average score of all Lifestyle Assessment participants is 55p.
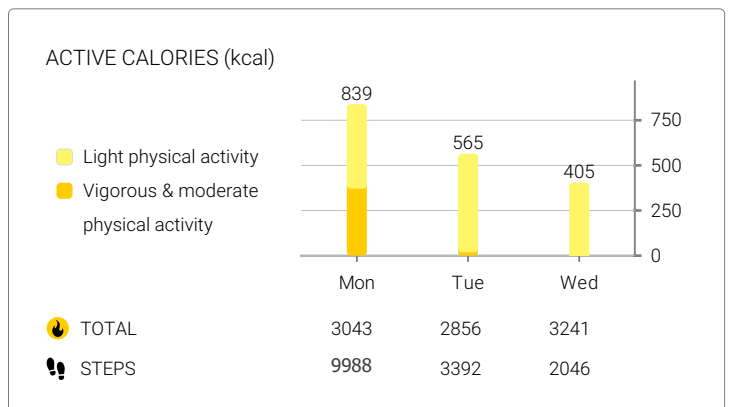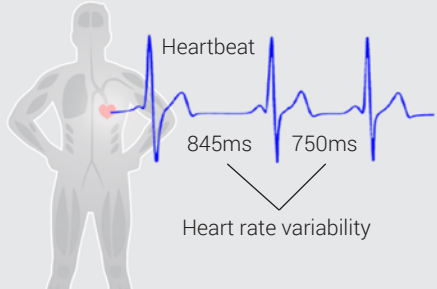
⚡➕ STRESS AND RECOVERY BALANCE

Good   Moderate   Low

Mon 51p   Tue 74p   Wed 4p

Your result
43 / 100
MODERATE

In your age group average is 55p.

🌙 RESTORATIVE EFFECT OF SLEEP

Good   Moderate   Low

Mon 60p   Tue 86p   Wed 11p

Your result
52 / 100
MODERATE

In your age group average is 55p.

🏃 HEALTH EFFECTS OF PHYSICAL ACTIVITY

Good   Moderate   Low

Mon 100p   Tue 37p   Wed 26p

Your result
61 / 100
GOOD

The measurement included one workout with a fitness-improving Training Effect.

The health effects produced by physical activity were good on 1 day.

🔥 ENERGY EXPENDITURE

ACTIVE CALORIES (kcal)

🟨 Light physical activity
🟧 Vigorous & moderate physical activity

	Mon	Tue	Wed
	839	565	405
🔥 TOTAL	3043	2856	3241
👣 STEPS	9988	3392	2046

WHAT DOES THE LIFESTYLE ASSESSMENT MEASURE?

Heartbeat

845ms   750ms

Heart rate variability

The Lifestyle assessment will help you **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. It is not essential to eliminate stress, but to ensure sufficient recovery and find a manageable rhythm to life.
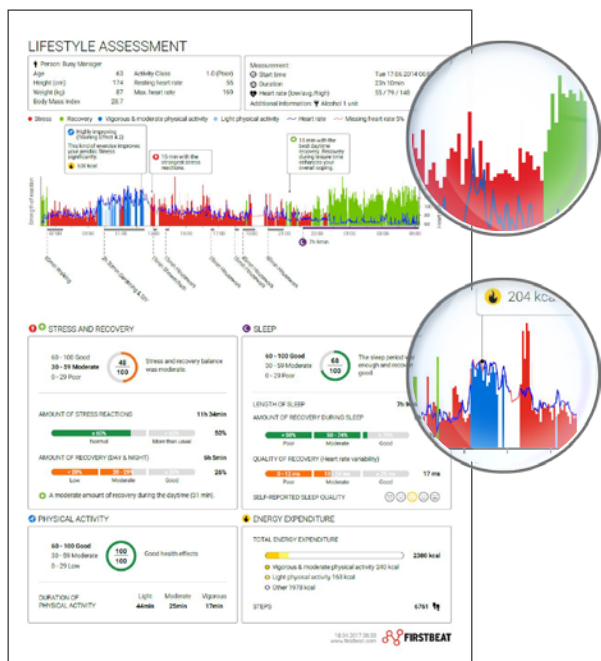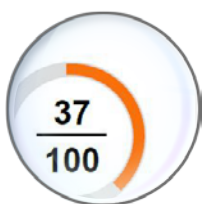

- ● **STRESS REACTION** means an elevated activation level in the body. The reaction can be positive or negative. On average, there are 50% of stress reactions in a 24-hour period.*

- ● **RECOVERY** means a calming down of the body. Important recovery periods include sleep and peaceful moments during the day. On average, there is 26% of recovery in a 24-hour period.*

PHYSICAL ACTIVITY means physical loading during which energy expenditure is significantly increased from the resting level (over 2 MET).

- ● Vigorous physical activity means an intensity of over 60%
- ● Moderate physical activity an intensity of 40-60% and
- ● Light physical activity an intensity below 40% of the person's maximal capacity.

- ○ **OTHER STATE** is typically recovery from exercise, short awakenings during sleep, or missing data periods for example during a shower.

Training Effect (TE) tells the effect of a single exercise session on fitness. The scale of training effect is 1-5 (see right).

5.0	Temporary overreaching
4.0 - 4.9	Highly improving
3.0 - 3.9	Improving
2.0 - 2.9	Maintaining
1.0 - 1.9	Easy recovery

Stress and recovery balance (0-100) is determined by the total amount of stress and recovery, as well as the amount of recovery during the awake time. The average result is 56 points. *

The **restorative effect of sleep** (0-100) consists of sleep duration and the amount and quality of recovery during sleep. The average result is 58 points. *

The **health effects of physical activity** (0-100) are determined by 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. The average result is 42 points. *

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 sleep. On average, the result is 60%. *

Quality of recovery means the amount of heart rate variability (HRV) during sleep. A low value indicates weak recovery and a higher value suggests better recovery. Age and heredity influence HRV, and age is taken into account in the reference values.

Steps are recognized from the movement data 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.

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

_____

_____

_____

_____