

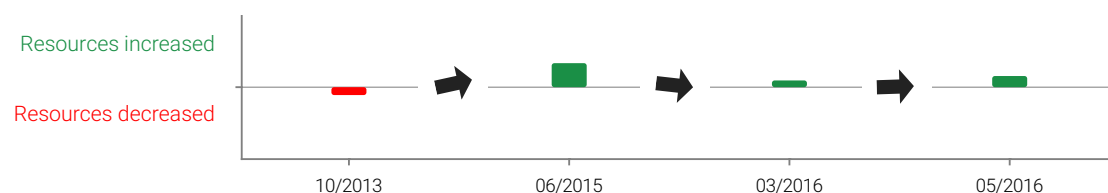
LIFESTYLE ASSESSMENT - FOLLOW-UP

Follow-Up Case

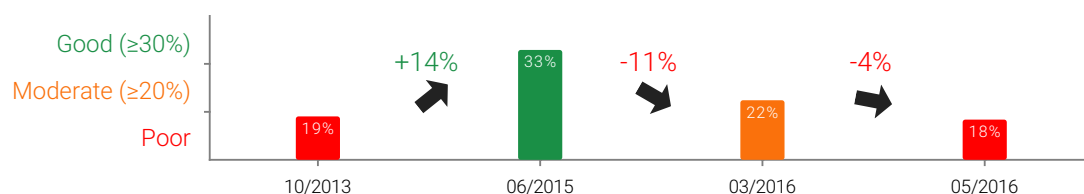
Date	Fri 04. - Mon 07.10.2013	Fri 26. - Mon 29.06.2015	Fri 18. - Mon 21.03.2016	Thu 19. - Mon 23.05.2016
Resting heart rate	34	34	34	34
Activity Class	7.0 (Good)	7.0 (Good)	7.0 (Good)	7.0 (Good)
Body Mass Index	26.0 (Overweight)	26.0 (Overweight)	26.0 (Overweight)	26.0 (Overweight)
"I feel well at the moment."	😞 Cannot say	😊 Partially agree	😊 Partially agree	😄 Completely agree

STRESS AND RECOVERY

Stress and recovery balance:



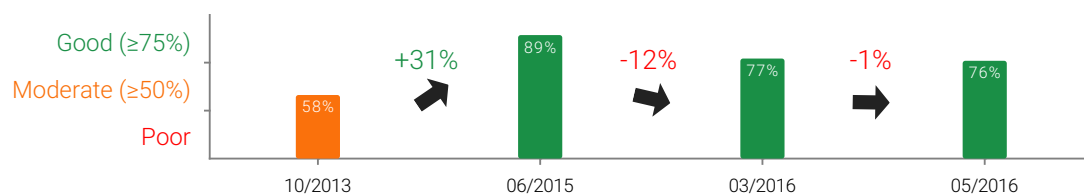
Amount of recovery per day:



Overall recovery degraded slightly. Your result is now poor.

SLEEP

Amount of recovery during sleep:

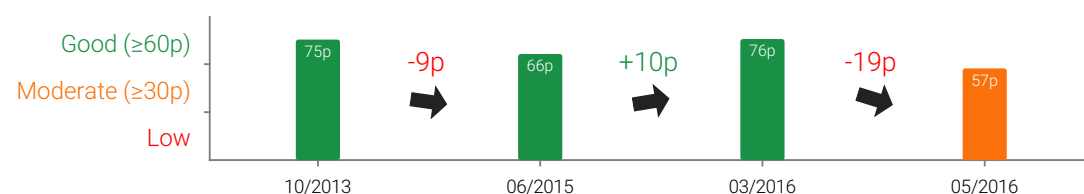


Recovery during sleep degraded slightly. Your result is still good.

Length of sleep (avg.): 6h 15min, 7h 46min, 7h 16min, 7h 58min

PHYSICAL ACTIVITY

Physical activity index:



Physical Activity Index degraded slightly. Your result is now moderate.

Steps (avg/day): -, 15047, 8562, 37271