

# Daily Stress Report

**Person:** Athlete (Example) John

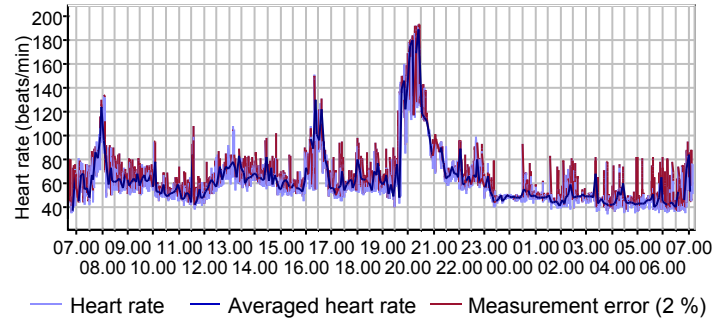
**Date:** 24.5.2015

## Background information

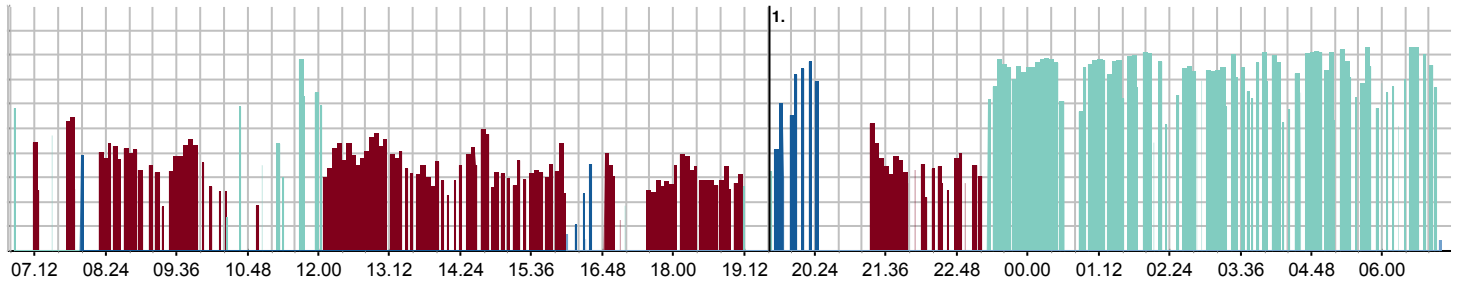
Age 23  
Height (cm) 181  
Weight (kg) 75  
Resting heart rate 34  
Maximum heart rate 205

## Measurement information

Measurement length 24:24:36  
Measurement time 6.45.00 - 7.09.36  
Lowest heart rate 38  
Highest heart rate 193  
Average heart rate 63



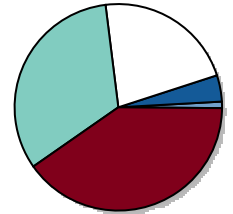
## Stress and recovery chart



## Journal markers

1.

	Duration	Proportion
Stress reactions	9h 51min	(40%)
Recovery	7h 57min	(33%)
Physical activity	1h 1min	(4%)
Light physical activity	17 min	(1%)
Other events	5h 19min	(22%)



Stress reactions, recovery, physical activity and other events during the measurement.

### Stress reactions (stress)

Increased level of activation caused by external or internal stressors.

### Recovery

Decreased level of activation and calming down caused by an absence or reduction of external or internal stressors.

### Physical activity

Physical activity with intensity >30% VO2max

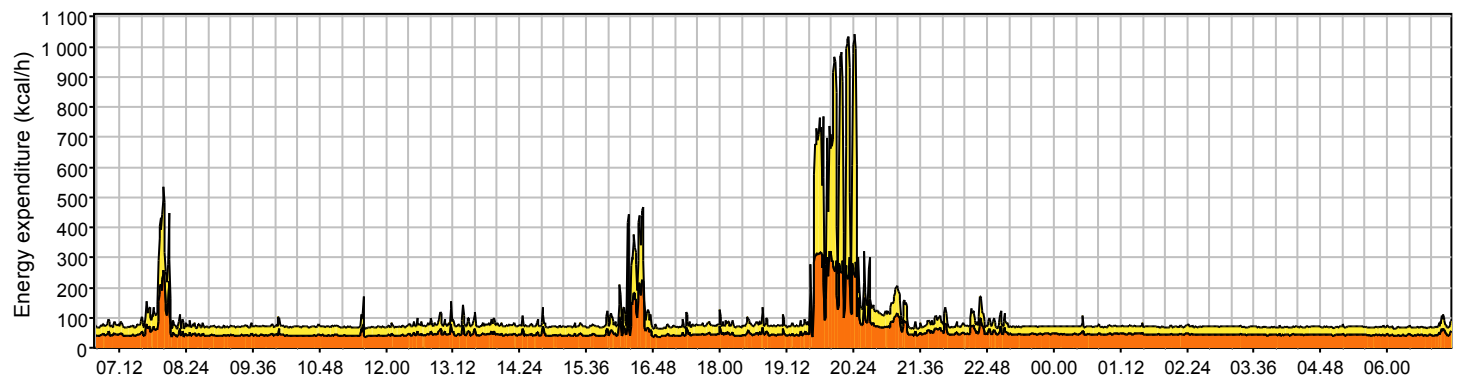
### Light physical activity

Physical activity below the level of actual physical activity

### Other events

States that do not refer to stress, recovery, physical activity or recovery from physical activity.

## Distribution of Energy Sources



Total consumption 2518 kcal/10544kJ

Consumed carbohydrates  
1164 kcal/4875kJ

Consumed fats  
1354 kcal/5668kJ