

## PROFESSIONAL USER: HOW TO MAKE A LIFESTYLE ASSESSMENT ON YOURSELF

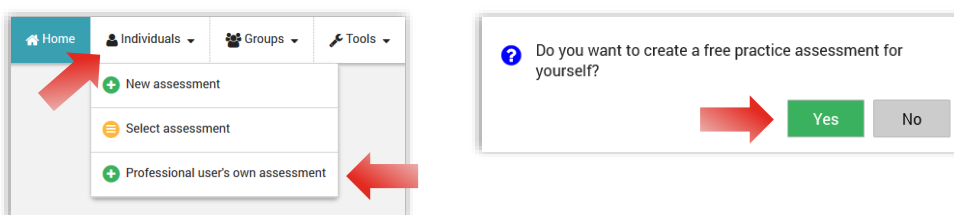
### Required materials:

- Bodyguard 2 heart rate monitor and 10 x disposable electrodes
- Username and password to Firstbeat Lifestyle Assessment. (You will receive them via e-mail from [service@firstbeat.fi](mailto:service@firstbeat.fi) or directly from your trainer.)

Read through these instructions and conduct a 3-day measurement for yourself. **If the measurement is a required part of your training process, please print the report and bring it with you to the training session (or have it available on your computer, if it's an online training session).**

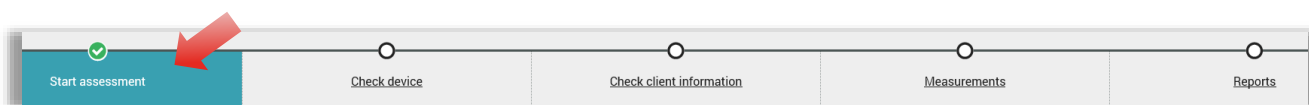
### Steps before the measurement

1. Sign into the Firstbeat Lifestyle Assessment at [www.lifestyleassessment.com](http://www.lifestyleassessment.com). Give your username and password.
2. As a professional user, you can make assessments for yourself free of charge. Select **Individuals** → **Professional user's own assessment**.



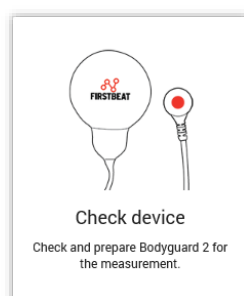
The program wants you to confirm if you want to create a free practice assessment for yourself. Select Yes.

**Note! The program's default is to send the email that contains a link to the Journal on the same day as when you create the assessment. If you want to adjust the link sending or expiration date, go to the *Start assessment* tab, click Edit and enter the new dates. Then go back to *Check device*.**



### 3. Check device

- a. Plug in your Bodyguard 2 to the computer's USB port. You will find the USB connector by pulling the cable off the device. Select *Check device*. During the preparation process, the program checks the device's battery charge, sets the time and empties the device's memory.

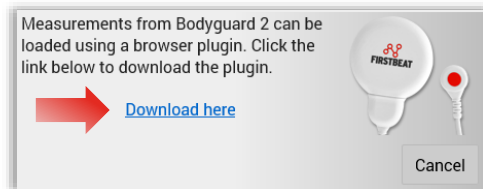


## LEARNING TASK 1.

- b. When doing this for the 1<sup>st</sup> time, the program states that you should install a Plugin (if it has not been installed). The Plugin allows you to upload data to the server. If the Plugin has already been installed, the preparation process begins automatically and you can move to step e.

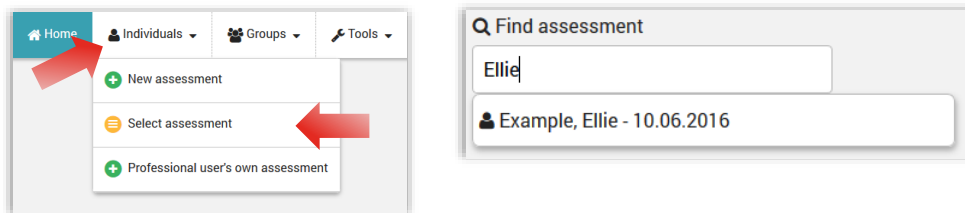
### Installing the Uploader Plugin.

- c. Select *Download here*. Make the installation by following the directions.



After the installation, the program usually requires that you re-start the browser. Remember to allow the browser's pop-up windows and Firstbeat Uploader plugin. After this, sign out from the Lifestyle Assessment and **re-start the browser**.

- d. Sign in to the Lifestyle Assessment again. Click *individuals* → *Select assessment*. Find the assessment that you created for yourself. You can find the assessment also by using the search field on the front page.



Select the assessment and after this, **select *Check device***.

- e. The program prepares the device for the selected assessment and tells you when the check is complete. Click **OK**. **Make sure that the device's battery is fully charged before starting the measurement.** The battery is charged when the orange led on the device is on continuously.
- f. You can now unplug the device from the computer. When re-attaching the cable, make sure you plug the cable in the right way and it snaps into place (see picture).



- g. You can start the measurement.

## Conducting the measurement

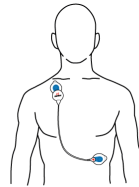
1. Select the measurement period. The measurement lasts 3 consecutive days. Start the measurement in the morning and end it 3 days later after you wake up.
2. Start the measurement according to the following directions:



1. Attach the electrodes.



2. Remove the cover.  
Ensure that your skin is clean and dry before you attach the electrode.




3. Attach the device end to the **right** side of the body under the collarbone. The cable end is attached to the left side on the rib cage.



4. The measurement starts automatically when device is attached. Make sure the green led is flashing. Note: The light is easiest to see in a dark room.

If problems, get in touch with your contact person or Firstbeat support [support@firstbeat.com](mailto:support@firstbeat.com) (daily 8:30-16:00 Finland time).

During the measurement, please note:

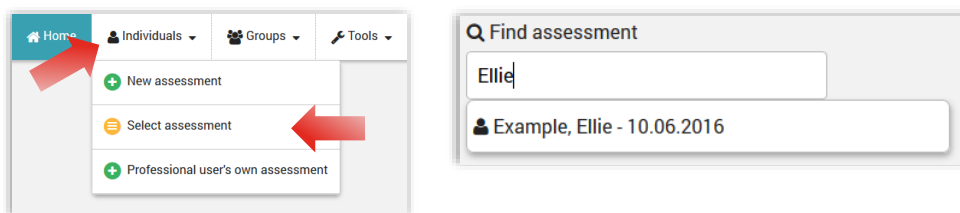
- a.  **SIGNAL LIGHTS** When a green led is blinking, the device is recording heartbeat data. If other leds are blinking – or the green led is not blinking – please contact support.
- b. It is not allowed to wear the device in the water, so detach it during showers, swimming and sauna. The recording continues automatically when you re-attach the device.
- c. When you are done with the measurement period, detach the device from your body. The measurement ends automatically.

**NOTE!** The electrodes are disposable. Change them at least once per day, for example after taking a shower or if they become loose during the measurement. The adhesive, electrode paste or conductive gel in the electrodes can irritate your skin, but you can slightly alter electrode location when you change them. To avoid irritation, please wipe your skin clean and dry after you remove the electrodes. If the electrodes cause a noticeable rash or the irritation is significant, you should stop using them right away and clean your skin well afterwards. Please note that chest hair weakens electrode contact. It is recommended to shave off excess hair from the electrode site!

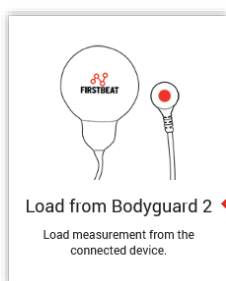
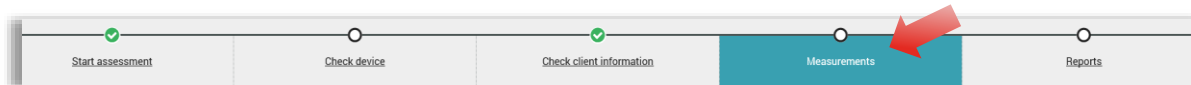
3. Fill in information. On the 1<sup>st</sup> day of your measurement (*link sending date*), you will receive an e-mail from [service@firstbeat.fi](mailto:service@firstbeat.fi) with a link to your personal information and journal forms. The link is in effect for 3 weeks (or for the time that you set in the Start assessment tab).

## Steps after the measurement

1. Sign into the Lifestyle Assessment and click *Individuals* → *Select assessment*. Find the assessment that you created for yourself. You can find the assessment also by using the search field on the front page.

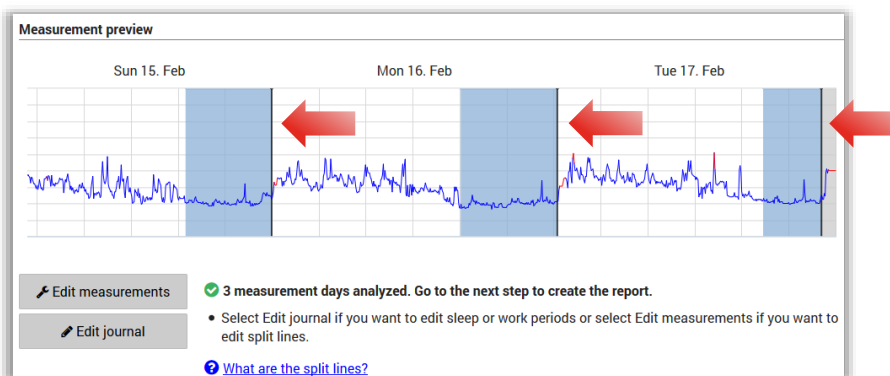


2. Plug the Bodyguard 2 to the computer's USB port and go to the *Measurements* tab. Select *Load from Bodyguard 2*.

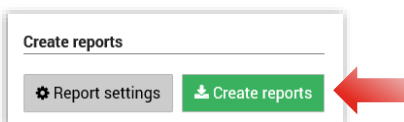


The program uploads the measurements found in the device. When the measurements have been uploaded, select *OK*.

3. Make sure there is a black split line at the end of each sleep period (see picture below). If a split line is missing, there are too many of them or they are in the wrong places, you can add, remove or edit split lines by clicking *Edit measurements* and making the required adjustments. In the end click *Save*.



4. Go to the *Reports* tab and select *Create reports*. If you wish to select additional reports or make some changes to the default settings, select *Report settings*.



The program informs you of new heart rate values (max / min) that might have been found in the measurement. Select *OK*. The reports are now ready and you can open them or save them to your computer.

5. Print the reports, if applicable. You can find additional instructions and information about the process under *Tools* → *Learning Center* → *Guides*.