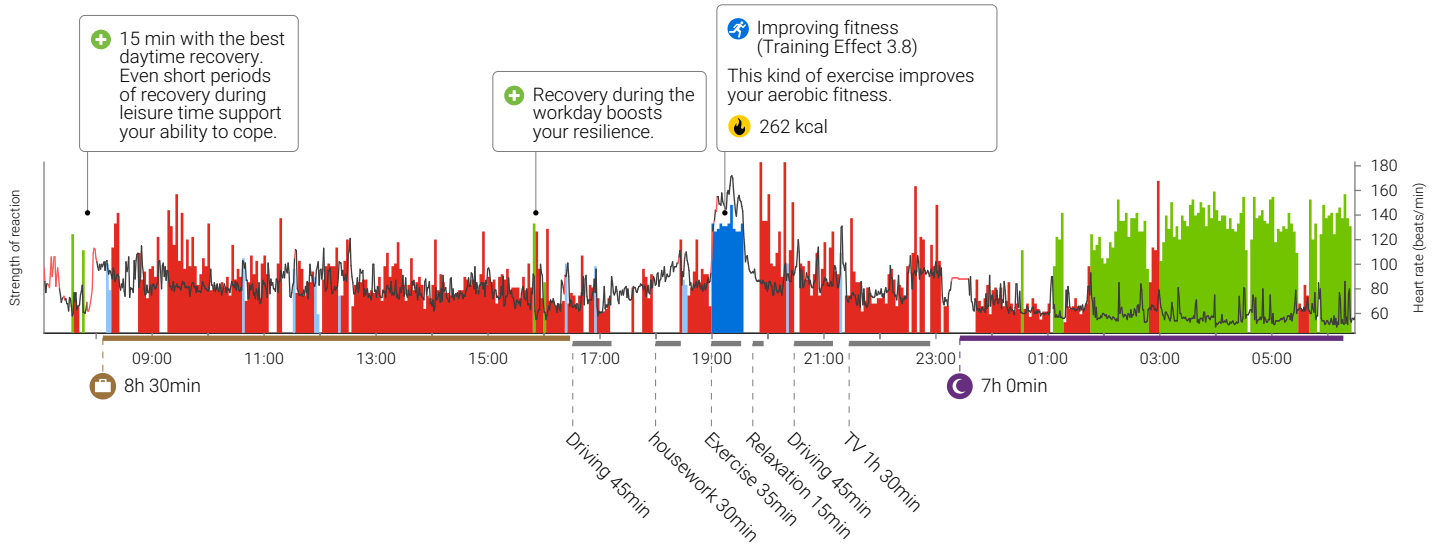


# LIFESTYLE ASSESSMENT

<b>Person: 2018 Case</b> 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	
------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--	--	--	--------------------------------------------------------------------------------------------------------------------------	--

● 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.

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

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

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**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.

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

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

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

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**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

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**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

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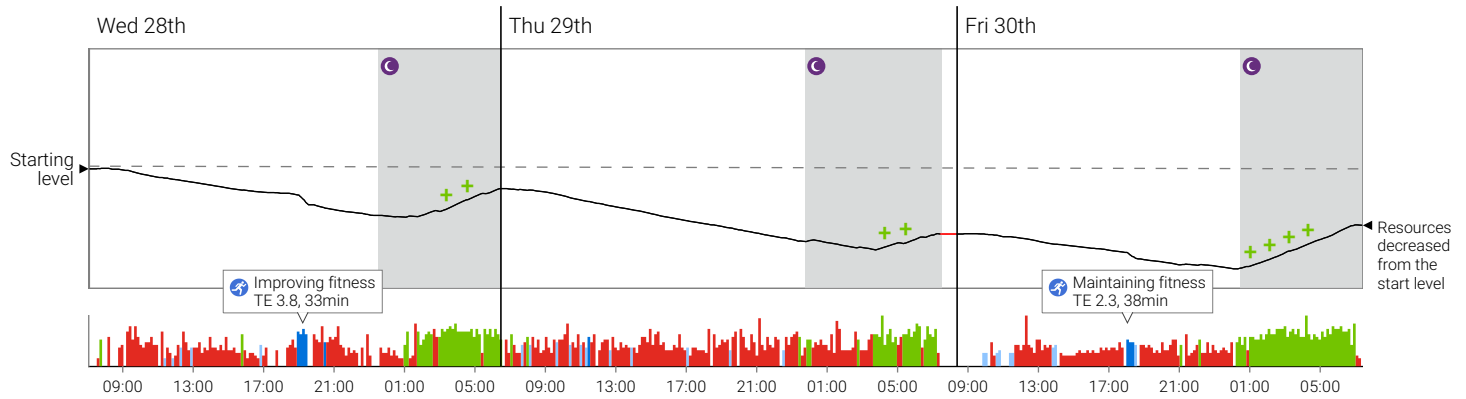
**STEPS** **7987** 👣

# 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

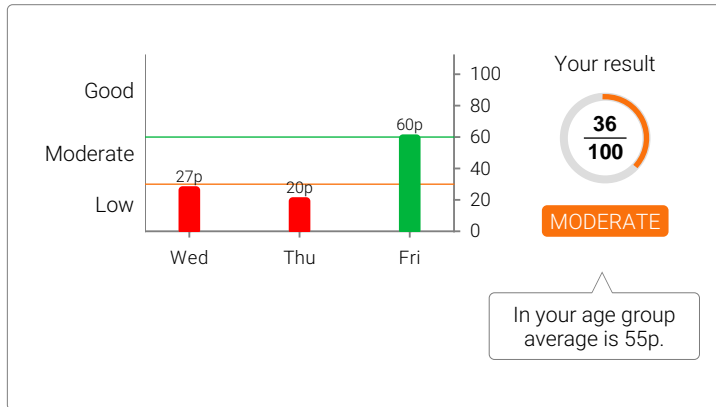
The score is based on your combined stress and recovery, sleep and physical activity result. By improving these areas, you can promote your well-being and improve your Lifestyle Assessment score.



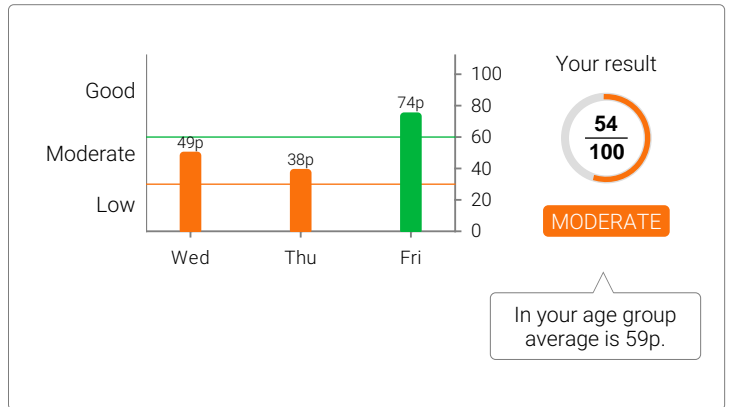
- 85 - 100p Excellent
- 60 - 84p Good
- 30 - 59p Moderate**
- 15 - 29p Low
- 0 - 14p Very low

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

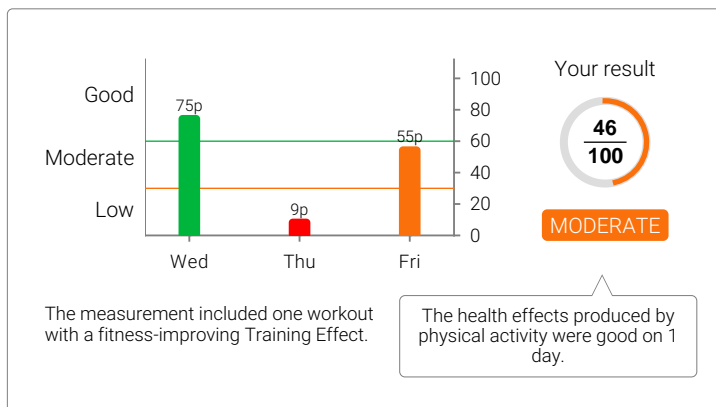
## ⚡ + STRESS AND RECOVERY BALANCE



## 🌙 RESTORATIVE EFFECT OF SLEEP



## 🏃 HEALTH EFFECTS OF PHYSICAL ACTIVITY



## 🔥 ENERGY EXPENDITURE

