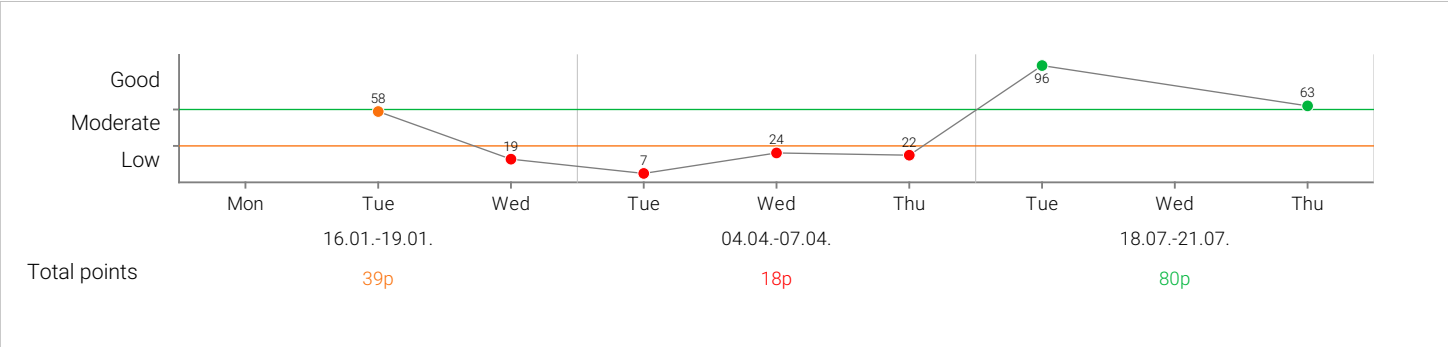


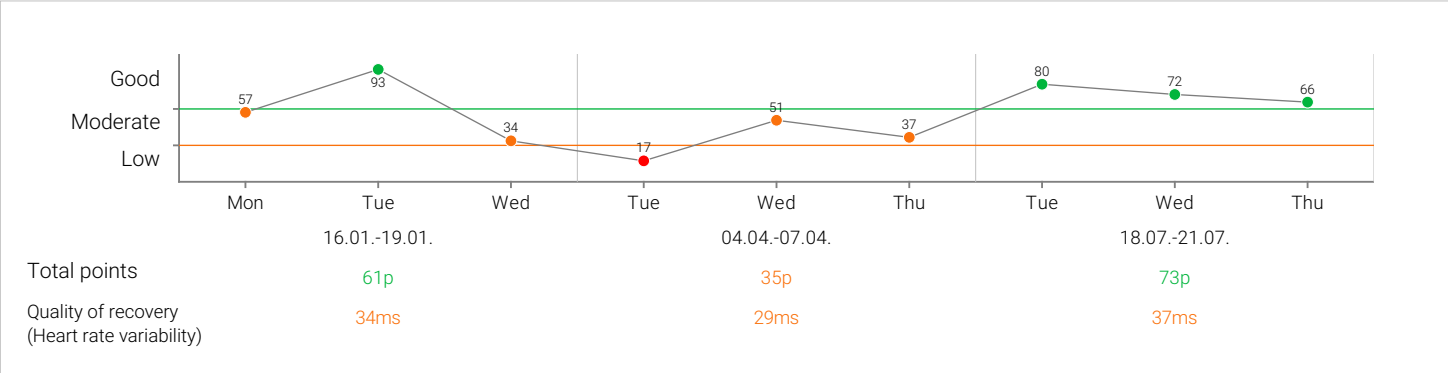
LIFESTYLE ASSESSMENT - FOLLOW-UP

👤 Follow-up 2018			
Date	Mon 16. - Thu 19.01.2017	Tue 04. - Fri 07.04.2017	Tue 18. - Fri 21.07.2017
Lowest heart rate	43	43	43
Activity Class	2.0 (Poor)	4.0 (Average)	7.0 (Good)
Weight (kg)	53	53	55
"I feel well at the moment."	😞 Cannot say	😞 Partially disagree	😊 Completely agree

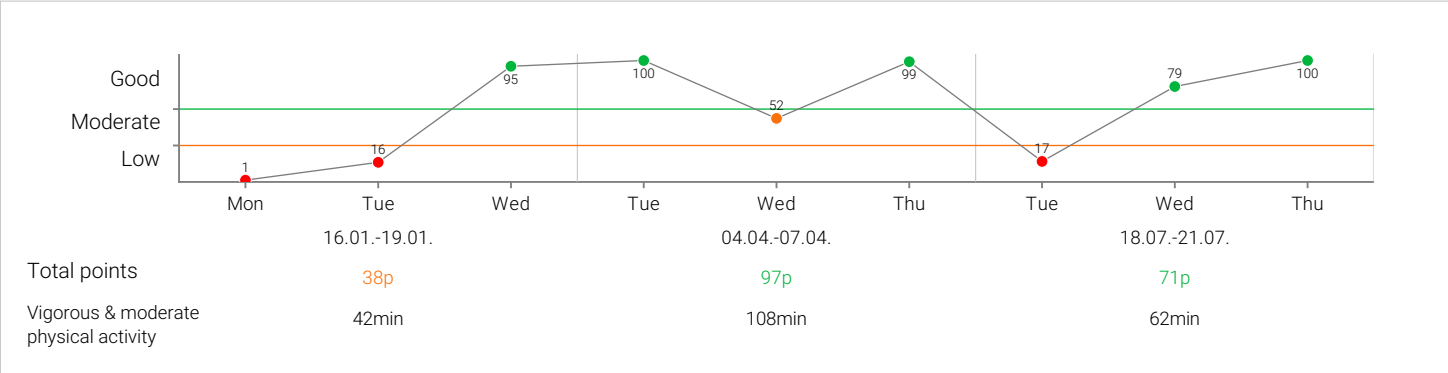
⚡ + STRESS AND RECOVERY BALANCE



🌙 RESTORATIVE EFFECT OF SLEEP



🏃 HEALTH EFFECTS OF PHYSICAL ACTIVITY



LIFESTYLE
ASSESSMENT
SCORE



01/2017



04/2017



07/2017

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