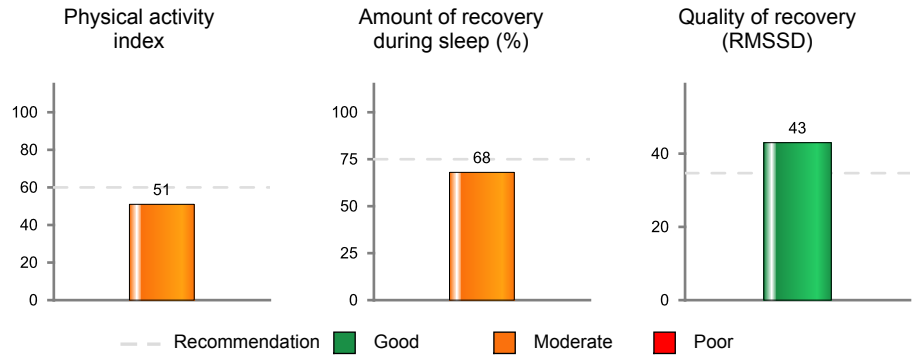


Example 2018

Reporting date	29.08.2018
Assessments	15
Measurements	47
Average age	43
Average Body Mass Index	25.4
Measurement lengths	21h 15min - 25h 30min



OVERALL STRESS AND RECOVERY

Average share of stress per day **53%**

Average share of recovery per day **28%**

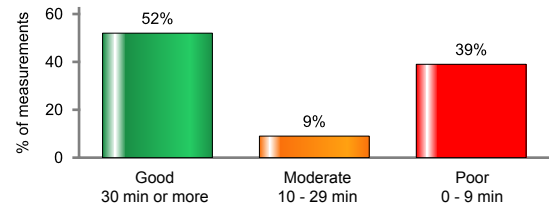
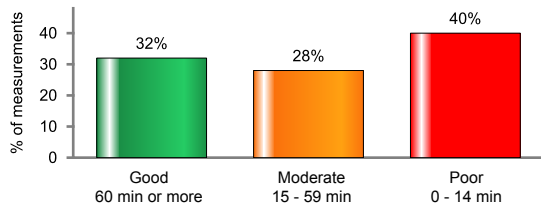


Average values of stress and recovery in Firstbeat database
 Stress: 50%
 Recovery: 26% (Firstbeat recommends at least 30%)
 (Source: Firstbeat user database 2016)

RECOVERY DURING DAYTIME

Average recovery during leisure time **49min**

Average recovery during work time **53min**

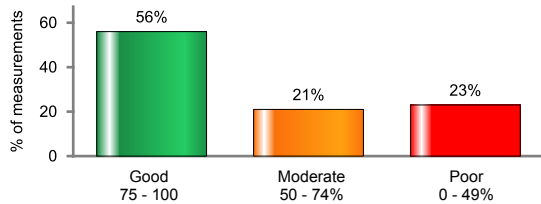


PHYSIOLOGICAL REACTIONS DURING SLEEP PERIODS

Average share of recovery during sleep **68%**



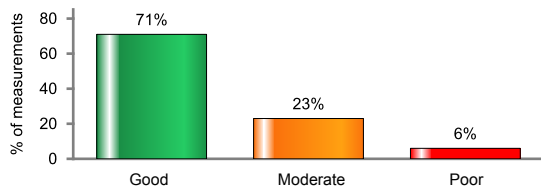
Percentage of recovery during the sleep periods. Measurement breaks are excluded from analysis.



Average quality of recovery (RMSSD) **43**



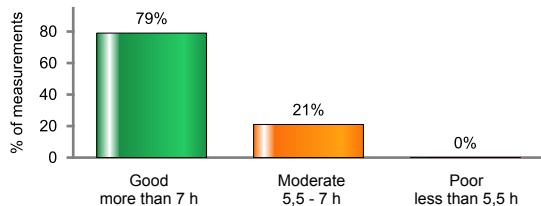
Quality of recovery is determined from a heart rate variability based index (RMSSD). RMSSD is a measure of heart rate variability indicating the quality of recovery. Low values of RMSSD during sleep indicate poor recovery. Higher values indicate enhanced recovery.



Average time used for sleeping **7h 50min**



The need for sleep can vary significantly between individuals. The time used for sleeping has been derived from the people's journals.



PHYSICAL ACTIVITY

Moderate + vigorous physical activity

24min/day

Average physical activity index

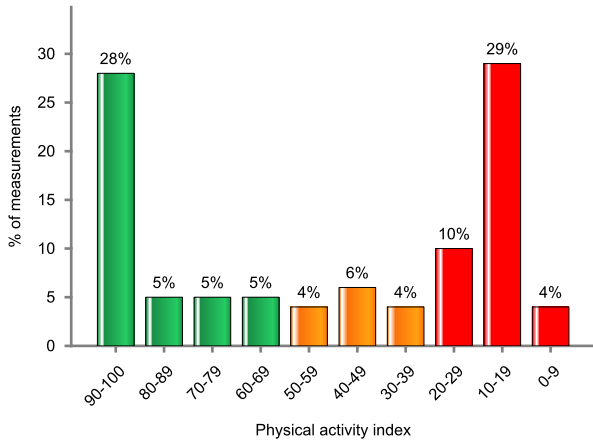
51



According to the latest ACSM (American College of Sports Medicine) recommendations, moderate-intensity physical activity should be performed regularly on most days of the week for 20-30 minutes per day.

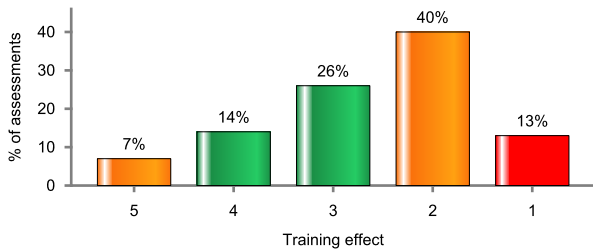
The physical activity index indicates how well the physical activity during the measurement satisfied the general intensity and duration recommendations for health promoting physical activity.

30 minutes of physical activity with moderate intensity or 20 minutes with vigorous intensity corresponds to a physical activity index of 60 (=good).



TRAINING EFFECT

Distribution of training effect (the most demanding exercise for each assessment)



Training effect measures the effect of the exercise session on maximal cardiorespiratory fitness. Training effect is scaled into five categories, depending on how much the exercise has improved maximal aerobic capacity. The closer to five (5) the training effect is, the more demanding the exercise has been.

Training effect descriptions:

- 5 = Overreaching
- 4 = Highly improving training effect
- 3 = Improving training effect
- 2 = Maintaining training effect
- 1 = Minor training effect

Altogether, 51 % of the measured days included an exercise session that had at least maintaining training effect (2 or higher).

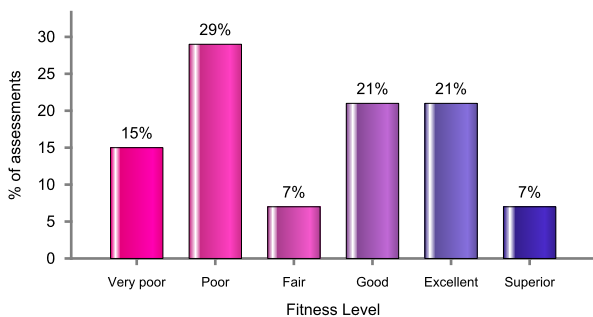
FITNESS LEVEL

Fitness Level (avg)

Fair

14 results

Distribution of Fitness Level



Maximal oxygen uptake (VO2max) describes the ability of the cardiorespiratory system to deliver oxygen to working muscles and the ability of the body to utilize oxygen to produce energy during exercise. High maximal oxygen uptake means good endurance, which research has shown to be associated with better health and performance and smaller mortality risk.

*VO2max reference values used with permission from the Cooper Institute, Dallas, Texas