

**JVB Health & Wellness Grades As of April 1, 2019**

		A (4.00)	B (3.00-3.99)	C (2.00-2.99)	D (1.00-1.99)	F (0.00-0.99)
<b><u>Category Grades - Daily and Average Over Time</u></b>						
1	Daily Non Exercise Steps <sup>1</sup>	10,000 or more	7,500 - 9,999	5,000-7,499	3,500 - 4,999	Less than 3,500
2	Movement Consistency Grade - Number of Awake Hours Moved less than 300 steps <sup>2</sup>	4.5 or less	4.51-6	6.01 - 7	7.01 - 10	10.01 or more
3	Average Sleep Grade Adults <sup>3</sup>	7:30 - 10:00 Hours	7:00-7:29 or 10:01-10:30 Hours	6:30-6:59 or 10:31-11:00 Hours	6:00-6:29 or 11:01-12:00	Less than 6 hours or more than 12 hours
3	Average Sleep Grade Children ages 6-17 <sup>3</sup>	8:00 - 12:00 Hours	7:30-7:59 or 12:01-12:30 Hours	7:00-7:29 or 12:31-13:00 Hours	6:30-6:59 or 13:01-14:00	Less than 6:30 or more than 14 hours
4	Exercise Consistency Grade - Number of Days You Exercised 15 minutes or more over the last 7 days <sup>4</sup>	4 Days or more	3-3.99 Days	2-2.99 Days	1-1.99 Days	0 - 0.99 Days
5	Nutrition - % of Unprocessed Food Consumed Yesterday <sup>5</sup>	80-100%	70-79%	60-69%	50-59%	Less than 50%
6	Total Alcohol Drinks Consumed for the Last 7 days - WOMEN <sup>6</sup>	0-3	3.01-5	5.01-7	7.01-8.99	9-14 scores small points; more than 14 does not
6	Total Alcohol Drinks Consumed for the Last 7 days - MEN <sup>6</sup>	0-5	5.01-11.99	12-14.99	15-15.99	16-21 scores small points; more than 21 does not
Penalty: Smoking/Controlled - Uncontrolled Substances Deduction		Users receive penalties (that reduce his/her Overall Health Grade) for the following: (1) taking prescription or non prescription sleep aids (excluding melatonin and vitamins/minerals); (2) smoking any substance; (3) taking controlled substances (prescription or non-prescription (excluding marijuana)				
Overall Health GPA (average of 6 Grades less penalties)		3.4 or higher	3.0 - 3.39	2.0-2.99	1.0-1.99	Below 1.0

**Other Categories (not Graded, colors only)**

Garmin Stress Level	0 to 25 (state of rest)	26 to 50 (low stress level)	51 to 75 (medium stress)	Not Used	76 to 100 (high stress)
Resting Heart Rate	30-60	61-68	69-74	75-79	Above 80; Below 30
Heart Rate Recovery - Time to 99 (hh:mm) and Pure Time to 99 (hh:mm)	<p>Scenario 1: If a user's Heart Rate End Time Activity (from the HRR page) in the activity file immediately preceeding the HRR file is equal to the user's aerobic heart rate zone +10 or lower: 2:00 or less</p> <p>Scenario 2: User's aerobic heart rate zone +11 - the user's aerobic heart rate zone +25: 4:00 or less</p> <p>Scenario 3: User's aerobic heart rate zone +25: 6:00 or less</p>	<p>Scenario 1: If a user's Heart Rate End Time Activity (from the HRR page) in the activity file immediately preceeding the HRR file is equal to the user's aerobic heart rate zone +10 or lower: 2:01 - 3:00</p> <p>Scenario 2: User's aerobic heart rate zone +11 - the user's aerobic heart rate zone +25: 4:01 - 6:00</p> <p>Scenario 3: User's aerobic heart rate zone +25: 6:01 - 8:00</p>	<p>Scenario 1: If a user's Heart Rate End Time Activity (from the HRR page) in the activity file immediately preceeding the HRR file is equal to the user's aerobic heart rate zone +10 or lower: 3:01-8:00</p> <p>Scenario 2: User's aerobic heart rate zone +11 - the user's aerobic heart rate zone +25: 6:01-10:00</p> <p>Scenario 3: User's aerobic heart rate zone +25: 8:00-20:00</p>	<p>Scenario 1: If a user's Heart Rate End Time Activity (from the HRR page) in the activity file immediately preceeding the HRR file is equal to the user's aerobic heart rate zone +10 or lower: 8:01 - 10:00</p> <p>Scenario 2: User's aerobic heart rate zone +11 - the user's aerobic heart rate zone +25: 10:01 - 12:00</p> <p>Scenario 3: User's aerobic heart rate zone +25: 20:01 - 30:00</p>	<p>Scenario 1: If a user's Heart Rate End Time Activity (from the HRR page) in the activity file immediately preceeding the HRR file is equal to the user's aerobic heart rate zone +10 or lower: greater than 10:00</p> <p>Scenario 2: User's aerobic heart rate zone +11 - the user's aerobic heart rate zone +25: Greater than 12:00</p> <p>Scenario 3: User's aerobic heart rate zone +25: greater than 30:00</p>
Heart Rate Recovery - Heart beats lowered in 1st minute and Pure Heart beats lowered in 1st minute	30 or higher	20-29	14-19	12-13	Less than 12
Daily Exercise Duration (mm:ss)	60:00 or greater	30:00-59:99	15:00-29:59	0:01-14:59	0:00

<sup>1</sup> Non exercise steps are steps you achieve when not exercising. We distinguish between exercise and non exercise steps and separately provide a grade for each category. Moving when not exercising (i.e., non exercise steps) is essential for good health. Many experts now link a sedentary lifestyle (i.e., low movement when not exercising) to a myriad of health issues). We provide points for every step taken, which translate into a non exercise steps GPA.

<sup>2</sup> Movement Consistency measures the number of steps attained for all non-sleeping hours each day and provides a movement consistency score (MCS), expressed as the number of awake hours one fails to move at least 300 steps (i.e., the lower the MCS score, the better). For example, if you moved less than 300 steps in 4 separate hours throughout the day, your MCS score would be 4 and those hours would be labeled "INACTIVE". To determine awake hours, if one goes to bed at 10:10pm and gets up at 6:10am, we would measure the number of steps per hour from 7am - 10pm (we do not measure steps in the hours that a person goes to bed and gets up). We also consider strength workouts ACTIVE, even if one does not get 300 steps in an hour, as we encourage strength workouts. See separate Movement Consistency tab for more details

<sup>3</sup> If a prescription or non prescription sleep aid other than melatonin/minerals is taken, a penalty will be assessed, generally resulting in a reduction of two grade levels (e.g., if a user sleeps 9:00 but takes a sleep aid, the grade will go from an A to a C). We encourage users to avoid sleep aids and practice good sleep hygiene to sleep without the assistance of sleep aids when possible.

<sup>4</sup> The Exercise Consistency grade is based on the number of days exercised over the last 7 days and factors in non workout days due to various controllable and uncontrollable factors (work, illness, vacation, injury, family pressure, other).

<sup>5</sup> We encourage one to eat as much unprocessed food as possible and if one does eat processed foods, we encourage one to consume higher quality processed foods that are free from high fructose corn syrup, hydrogenated oils, highly refined sugars, and/or other highly processed and unhealthy ingredients. Our hope is that you will make healthier food choices because you are reporting your daily unprocessed food consumed.

We ask you to provide the % of unprocessed food you consumed yesterday. A few comments:

1. We ask for yesterday so we have 24 hours of reporting. 2. You determine what % of unprocessed food based on the quantity of food you consumed yesterday. There are many ways to determine the unprocessed %. (1) If you had 3 meals yesterday and one was highly processed and the other 2 meals had little to no unprocessed food, you may choose 65-70% as your processed count (as approximately 1/3 of what you ate was processed); (2) Determine approximately how many calories you consumed for the day (ballpark estimate) and take the processed calories over the total calories. So, if you ate approximately 2,000 calories yesterday and had a 200 calorie candy bar, then your processed portion would be 10% (200/2000), so your unprocessed portion was 90%

Processed foods include (but are not limited to): 1. Dairy (cheese, milk, yogurt, other refined milk products). Unless you get it directly out of the animal, it is likely highly processed, 2. Processed meats (particularly cold cut meats that have added salts and preservatives that keep the meat from spoiling), 3. Bread, 4. Pasta (including gluten free pasta), 5. White rice (although wild rice and brown rice is not as processed, read the ingredients and determine how processed you think the product is. If you eat brown rice at a restaurant and they added sugar and gluten to your rice, then it is more processed than if they simply steamed your brown rice with no additives or preservatives), 6. Lower quality oils are often highly processed and may become carcinogenic when heated up (e.g., olive oil, coconut oil, avocado oils, corn oils, soybean oils, etc.). If the lower quality, highly processed oil has been heated up to prepare/preserve your food, you may want to consider what you consumed processed, 7. Refined flours, 8. Sodas (diet or regular), 9. High fructose corn syrup, 10. Hydrogenated oils, 11. Chips/popcorn with oil/sugars, preservatives, 12. Any refined foods, 13. Any food/snacks with refined/added sugars, 14. Anything where additives have been added to preserve the food from spoiling.

<sup>6</sup> Note: Alcohol grades are generally based on guidelines issued by Centers for Disease and Control and Prevention (CDC). According to the Dietary Guidelines for Americans, moderate alcohol consumption is defined as having up to 1 drink per day for women and up to 2 drinks per day for men. This definition refers to the amount consumed on any single day and is not intended as an average over several days. According to the CDC, for men, heavy drinking is typically defined as consuming 15 drinks or more per week. For women, heavy drinking is typically defined as consuming 8 drinks or more per week. In the United States, a standard drink is equal to 14.0 grams (0.6 ounces) of pure alcohol. Generally, this amount of pure alcohol is found in: (1) 12 ounces of beer (5% alcohol content); (2) 8 ounces of malt liquor (7% alcohol content); (3) 5 ounces of wine (12% alcohol content); (4) 1.5 ounces or a "shot" of 80-proof (40% alcohol content) distilled spirits or liquor (e.g., gin, rum, vodka, whiskey). For Men, 16-20 drinks a week is an "F" grade, the user still scores a small amount of points; For Women, xxx drinks a week is an "F" grade, the user still scores a small amount of points