Firstbeat Life Results

Male | Age **45** | Height **184 cm** | Weight **93 kg** | BMI **27.5**

FIRSTBEAT LIFE SCORE

Overall score is based on measurement of your combined stress and recovery, sleep and physical activity.
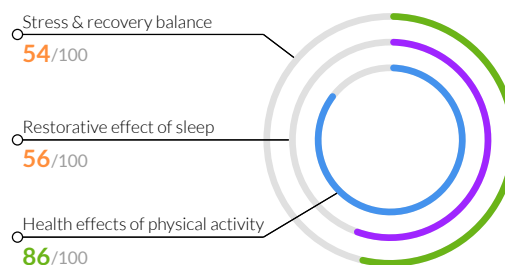
Fairly good

65 / **100**

85p - 100p	Excellent
70p - 84p	Good
50p - 69p	**Fairly good**
30p - 49p	Moderate
15p - 29p	Low
0p - 14p	Very low

Your overall score was fairly good. Your measurement included several elements that support your health and well-being. Good work!

The average overall score for your age and gender is 58. Your score was among the best 35% of your peers.

Stress & recovery balance
54/100

Restorative effect of sleep
56/100

Health effects of physical activity
86/100

● **STRESS & RECOVERY BALANCE**
The average stress category score for your age and gender is 57. Your score was around the mean level of your peers.
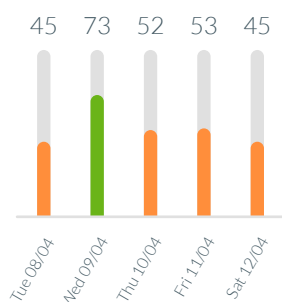
● **RESTORATIVE EFFECT OF SLEEP**
The average sleep category score for your age and gender is 56. Your score was around the mean level of your peers.

● **HEALTH EFFECTS OF PHYSICAL ACTIVITY**
The average physical activity category score for your age and gender is 62. Your score was among the best 35% of your peers.
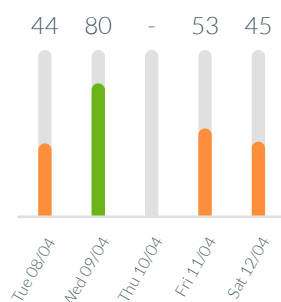
STRESS & RECOVERY BALANCE

45	73	52	53	45
Tue 08/04	Wed 09/04	Thu 10/04	Fri 11/04	Sat 12/04

FAIRLY GOOD (54)

Your stress and recovery balance were good on one day. Let's aim for more of these kinds of days! Try to think about what you did that day to boost recovery.
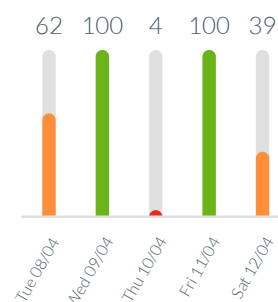
RESTORATIVE EFFECT OF SLEEP

44	80	-	53	45
Tue 08/04	Wed 09/04	Thu 10/04	Fri 11/04	Sat 12/04

FAIRLY GOOD (56)

Alcohol weakened the restorative effect of your sleep.

HEALTH EFFECTS OF PHYSICAL ACTIVITY

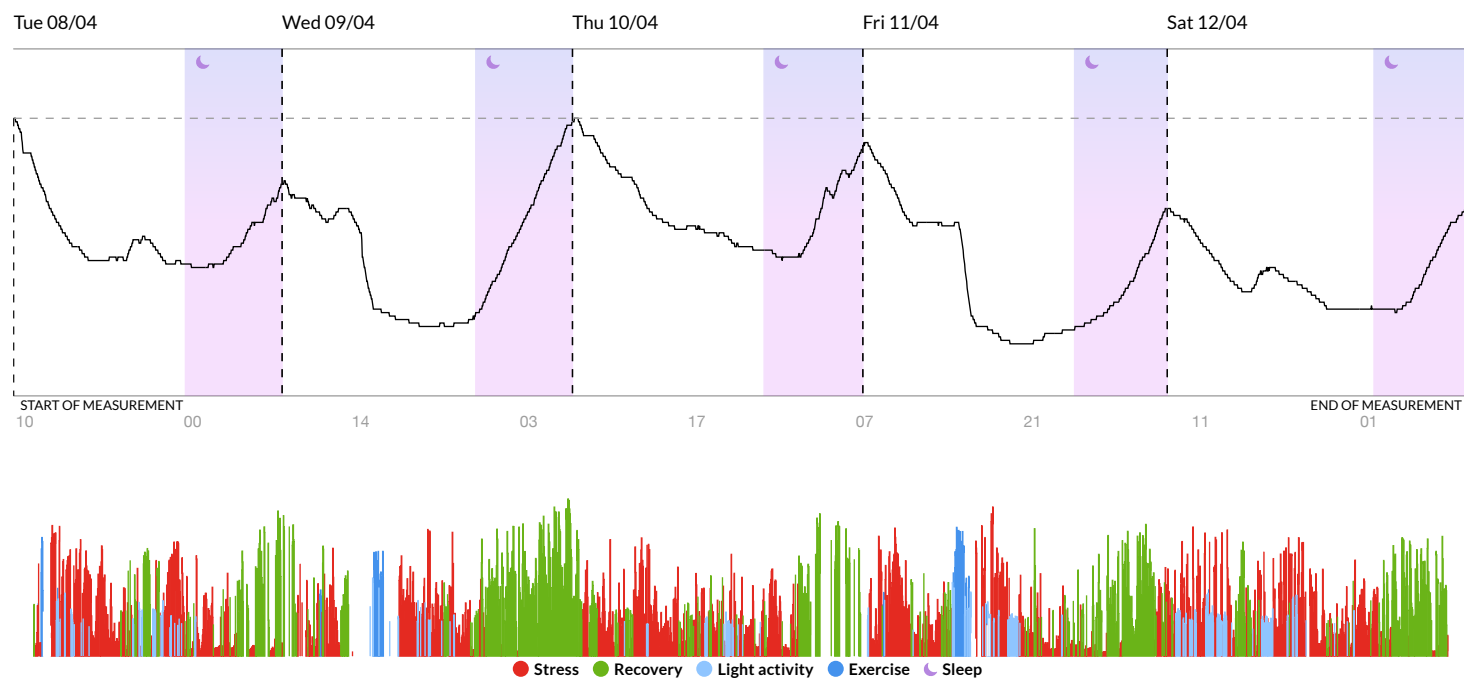| 62	100	4	100	39
Tue 08/04	Wed 09/04	Thu 10/04	Fri 11/04	Sat 12/04

EXCELLENT (86)

Your physical activity had an excellent impact on your health and vitality. Well done!

BODY RESOURCES

Your body resources decreased from the starting level. There was not enough recovery to balance the various stressors in your life.

Tue 08/04 Wed 09/04 Thu 10/04 Fri 11/04 Sat 12/04

START OF MEASUREMENT

10 00 14 03 17 07 21 11 END OF MEASUREMENT 01

● Stress ● Recovery ● Light activity ● Exercise ☾ Sleep

FITNESS LEVEL
VO2max is the metric that defines your personal cardiorespiratory fitness level.

VO2max test was not completed during the measurement or the measured data quality during the test wasn't accurate enough to provide a reliable result.
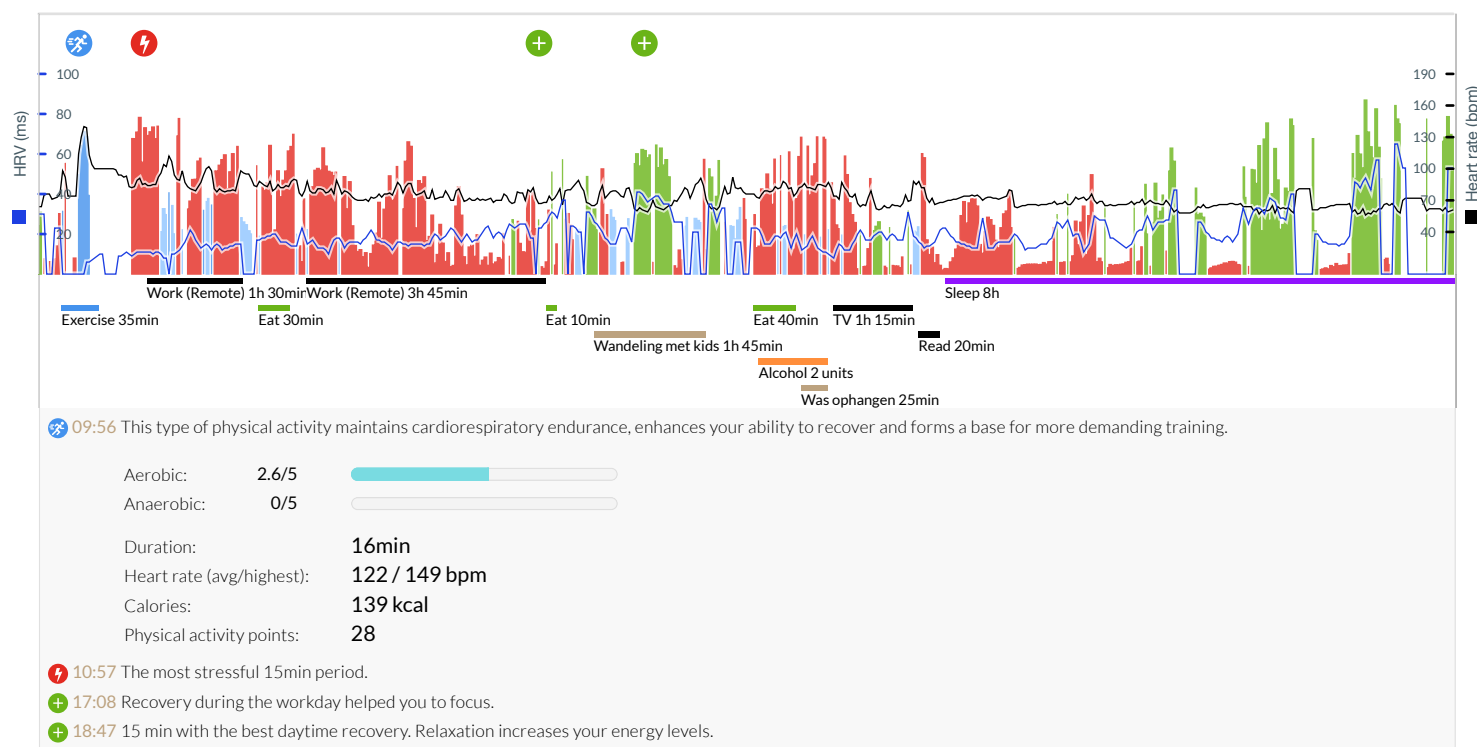
ABOUT MEASUREMENT
08/04/2025 – 13/04/2025

Age	Height	Weight	Resting heart rate	Report ID
45	184cm	93kg	49	5b2e1eb2-673f-4a1a-b689-bbad8b5a7856
		Body mass index	**Max. heart rate**	
		27.5	181	

Tuesday **08/04/2025**	Start time 09:18 Duration 22h 11min	Heart rate (lowest/average/highest) 56 / 74 / 149	Alcohol units 2
Wednesday **09/04/2025**	Start time 07:30 Duration 24h	Heart rate (lowest/average/highest) 52 / 74 / 144	
Thursday **10/04/2025**	Start time 07:30 Duration 24h	Heart rate (lowest/average/highest) 54 / 70 / 95	Alcohol units 3
Friday **11/04/2025**	Start time 07:30 Duration 25h 10min	Heart rate (lowest/average/highest) 52 / 76 / 160	Alcohol units 2
Saturday **12/04/2025**	Start time 08:40 Duration 24h 55min	Heart rate (lowest/average/highest) 54 / 75 / 114	Alcohol units 2

Day 1 Tue 08/04

Day 1

🏃 09:56 This type of physical activity maintains cardiorespiratory endurance, enhances your ability to recover and forms a base for more demanding training.

Aerobic:	2.6/5	
Anaerobic:	0/5	

Duration:	16min
Heart rate (avg/highest):	122 / 149 bpm
Calories:	139 kcal
Physical activity points:	28

⚡ 10:57 The most stressful 15min period.

➕ 17:08 Recovery during the workday helped you to focus.

➕ 18:47 15 min with the best daytime recovery. Relaxation increases your energy levels.
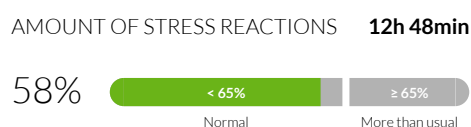
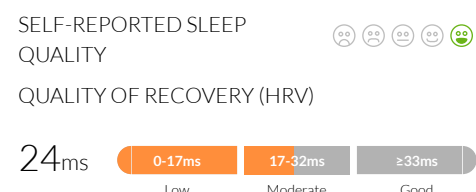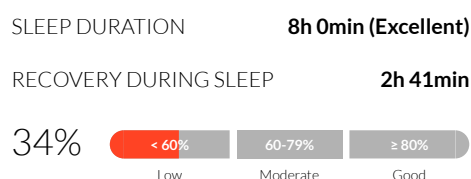## Stress & recovery balance

45/100

Your overall load was pretty high today. These kinds of days every now and then don't impair your performance level, but can lead to overload if repeated often.

AMOUNT OF STRESS REACTIONS **12h 48min**

58%

< 65%	≥ 65%
Normal	More than usual

AMOUNT OF RECOVERY **4h 37min**

21%

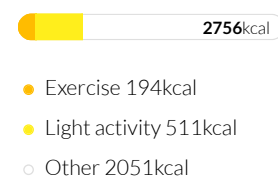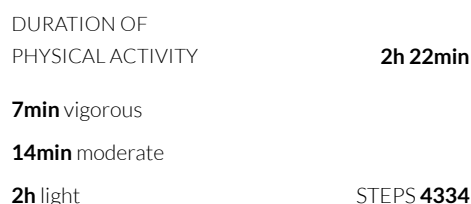| < 27%	27-36%	≥ 37%
Low	Moderate	Good

Restorative effect of sleep

44/100

Your sleep duration met the recommendations but the restorative quality was only moderate. Think factors that may have disturbed your sleep.
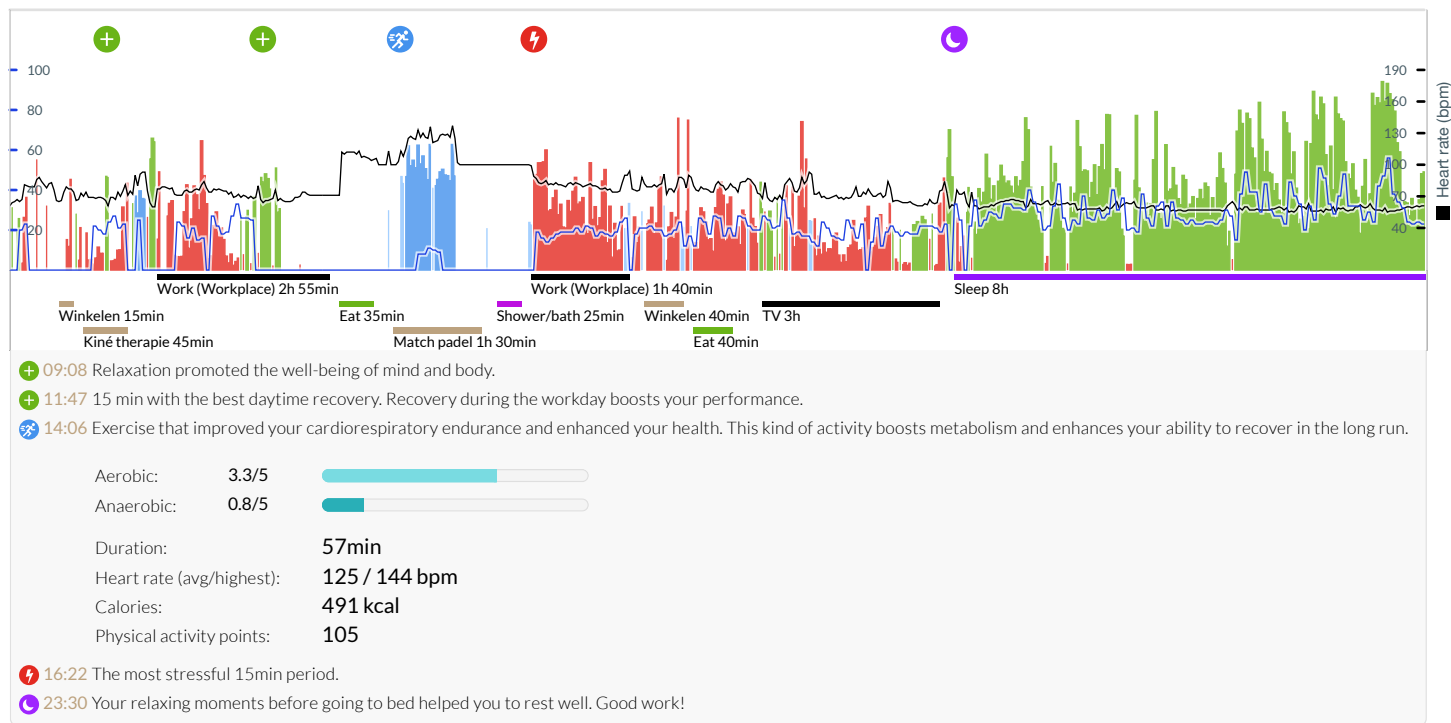
SLEEP DURATION **8h 0min (Excellent)**

RECOVERY DURING SLEEP **2h 41min**

34%

< 60%	60-79%	≥ 80%
Low	Moderate	Good

SELF-REPORTED SLEEP QUALITY ☹ ☹ ☺ ☺ 😀

QUALITY OF RECOVERY (HRV)

24ms

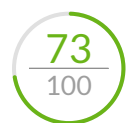| 0-17ms	17-32ms	≥33ms
Low	Moderate	Good

Health effects of physical activity

62/100

The health effects of your physical activity were fairly good. Your activity had a positive impact on your health and vitality.
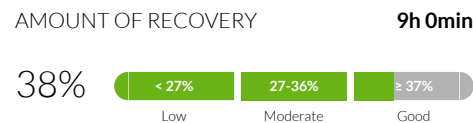
DURATION OF PHYSICAL ACTIVITY **2h 22min**

7min vigorous

14min moderate

2h light

STEPS **4334**

2756kcal

- Exercise 194kcal
- Light activity 511kcal
- Other 2051kcal

Day 2 Wed 09/04

Day 2

+ 09:08 Relaxation promoted the well-being of mind and body.

+ 11:47 15 min with the best daytime recovery. Recovery during the workday boosts your performance.

⚡ 14:06 Exercise that improved your cardiorespiratory endurance and enhanced your health. This kind of activity boosts metabolism and enhances your ability to recover in the long run.

Aerobic:	3.3/5	
Anaerobic:	0.8/5	
Duration:	57min	
Heart rate (avg/highest):	125 / 144 bpm	
Calories:	491 kcal	
Physical activity points:	105	

⚡ 16:22 The most stressful 15min period.

🌙 23:30 Your relaxing moments before going to bed helped you to rest well. Good work!
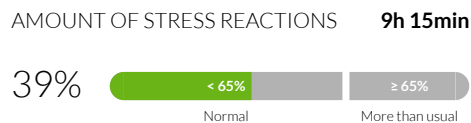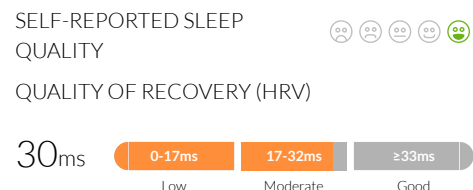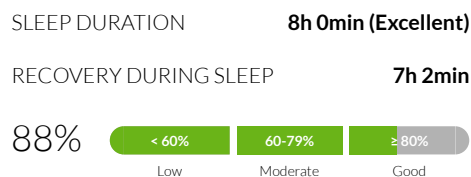
Stress & recovery balance

73/100

Your recovery was good. This was a well-balanced day, which supports your stress management and boosts your performance. Well done!

AMOUNT OF STRESS REACTIONS **9h 15min**

39% < 65% Normal / ≥ 65% More than usual

AMOUNT OF RECOVERY **9h 0min**

38% < 27% Low / 27-36% Moderate / ≥ 37% Good
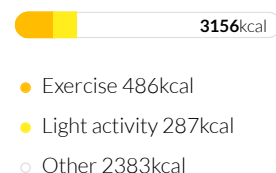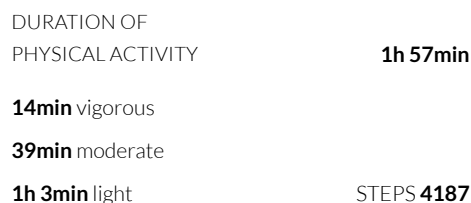
Restorative effect of sleep

80/100

The restorative effect of sleep was good and your sleep duration met the recommendations. High-quality sleep is energizing and helps to focus. Keep it up!
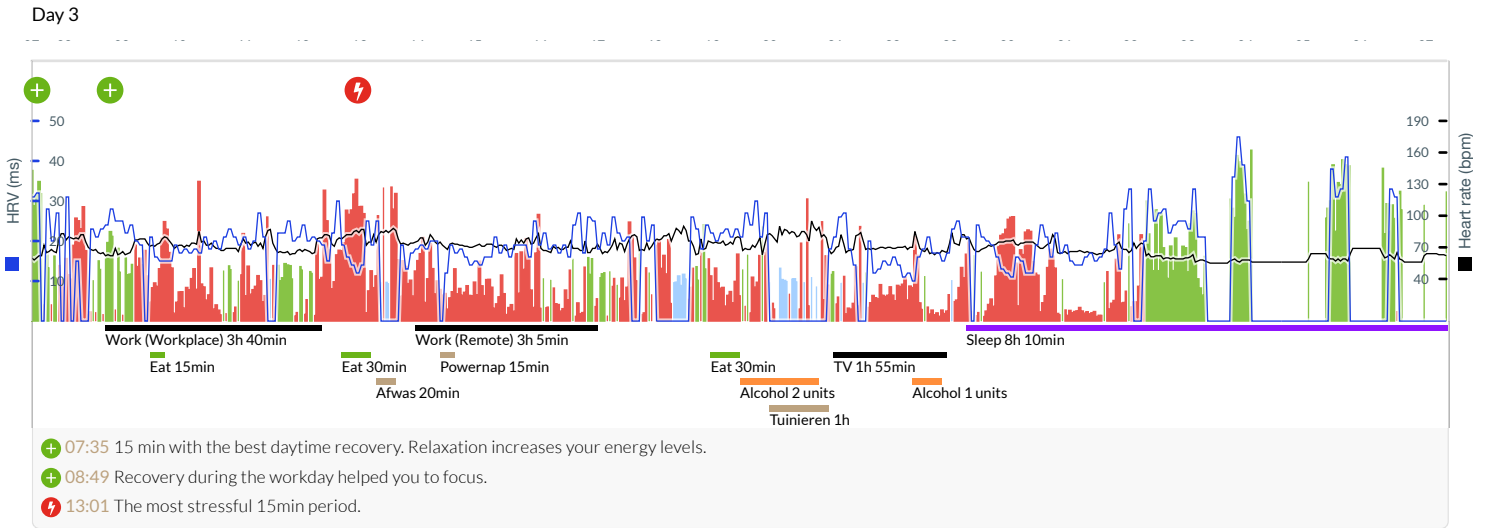
SLEEP DURATION **8h 0min (Excellent)**

RECOVERY DURING SLEEP **7h 2min**

88% < 60% Low / 60-79% Moderate / ≥80% Good

SELF-REPORTED SLEEP QUALITY 😟 😕 😐 🙂 😀

QUALITY OF RECOVERY (HRV)

30ms 0-17ms Low / 17-32ms Moderate / ≥33ms Good

Health effects of physical activity

100/100

Your day included a lot of physical activity that has a very positive impact on your health. Great!

DURATION OF PHYSICAL ACTIVITY **1h 57min**

14min vigorous

39min moderate

1h 3min light

3156kcal

- Exercise 486kcal
- Light activity 287kcal
- Other 2383kcal

STEPS **4187**

Day 3 Thu 10/04

Day 3

07:35 15 min with the best daytime recovery. Relaxation increases your energy levels.
08:49 Recovery during the workday helped you to focus.
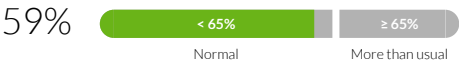13:01 The most stressful 15min period.

Stress & recovery balance

52/100

The balance between stress and recovery was fairly good. Plenty of recovery moments during the day supported your ability to cope with stress.
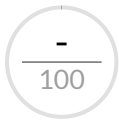
AMOUNT OF STRESS REACTIONS	**14h 13min**

59% < 65% Normal | ≥ 65% More than usual

AMOUNT OF RECOVERY	**5h 46min**

24% < 27% Low | 27-36% Moderate | ≥ 37% Good

Restorative effect of sleep

–/100

Measurement data on sleep was not available or missing or poor-quality data accounted for more than 20% of the sleep period.
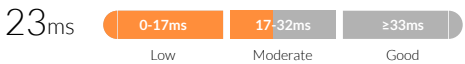
SLEEP DURATION	**8h 10min ()**
RECOVERY DURING SLEEP	**2h 43min**

33% < 60% Low | 60-79% Moderate | ≥ 80% Good

SELF-REPORTED SLEEP QUALITY 😟 😐 😐 😊 😃

QUALITY OF RECOVERY (HRV)

23ms 0-17ms Low | 17-32ms Moderate | ≥33ms Good

Health effects of physical activity

4/100

Your day didn't include any health-enhancing physical activity. If repeated on most days, inactivity can be harmful to your health.
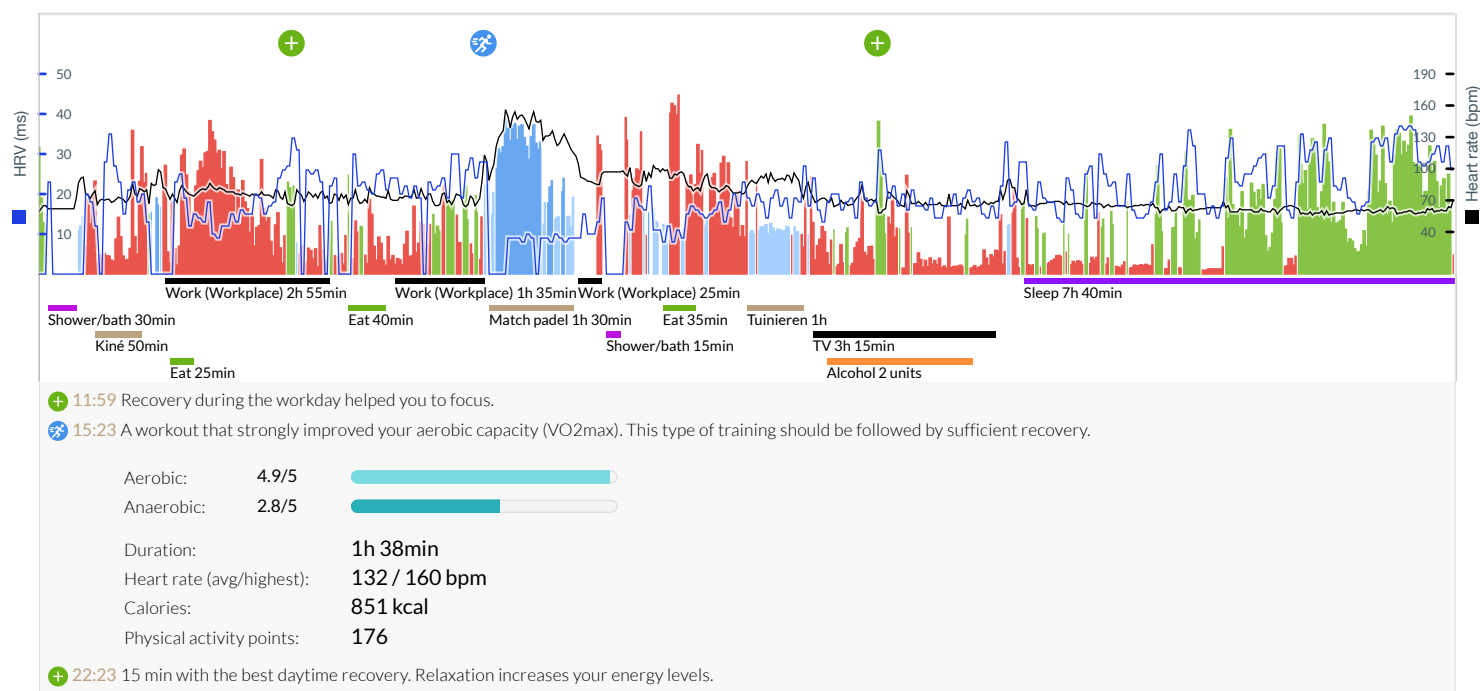
DURATION OF PHYSICAL ACTIVITY	**1h 6min**
vigorous	
moderate	
1h 6min light	STEPS **159**

2527kcal

- Exercise 3kcal
- Light activity 246kcal
- Other 2278kcal

Day 4 Fri 11/04

Day 4

- 🟢 **11:59** Recovery during the workday helped you to focus.
- 🔵 **15:23** A workout that strongly improved your aerobic capacity (VO2max). This type of training should be followed by sufficient recovery.

Aerobic:	4.9/5	
Anaerobic:	2.8/5	
Duration:	1h 38min	
Heart rate (avg/highest):	132 / 160 bpm	
Calories:	851 kcal	
Physical activity points:	176	

- 🟢 **22:23** 15 min with the best daytime recovery. Relaxation increases your energy levels.
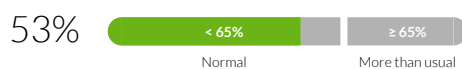
Stress & recovery balance

53/100

The balance between stress and recovery was fairly good. These kinds of days support your ability to cope with stress. Good work!

AMOUNT OF STRESS REACTIONS **13h 15min**

53%   < 65% Normal | ≥ 65% More than usual

AMOUNT OF RECOVERY **7h 1min**

28%   < 27% Low | 27-36% Moderate | ≥ 37% Good

Restorative effect of sleep

53/100

Your sleep was fairly restorative and the amount of sleep was in line with recommendations. Restorative sleep supports learning and memory.

SLEEP DURATION **7h 40min (Excellent)**

RECOVERY DURING SLEEP **4h 44min**

62%   < 60% Low | 60-79% Moderate | ≥ 80% Good

SELF-REPORTED SLEEP QUALITY 😞 😐 😐 🙂 😄

QUALITY OF RECOVERY (HRV)

24ms   0-17ms Low | 17-32ms Moderate | ≥33ms Good

Health effects of physical activity

100/100

Your day included a lot of high-intensity exercise and the health and fitness benefits were excellent. Way to go!
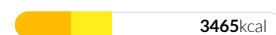
DURATION OF PHYSICAL ACTIVITY **3h 17min**

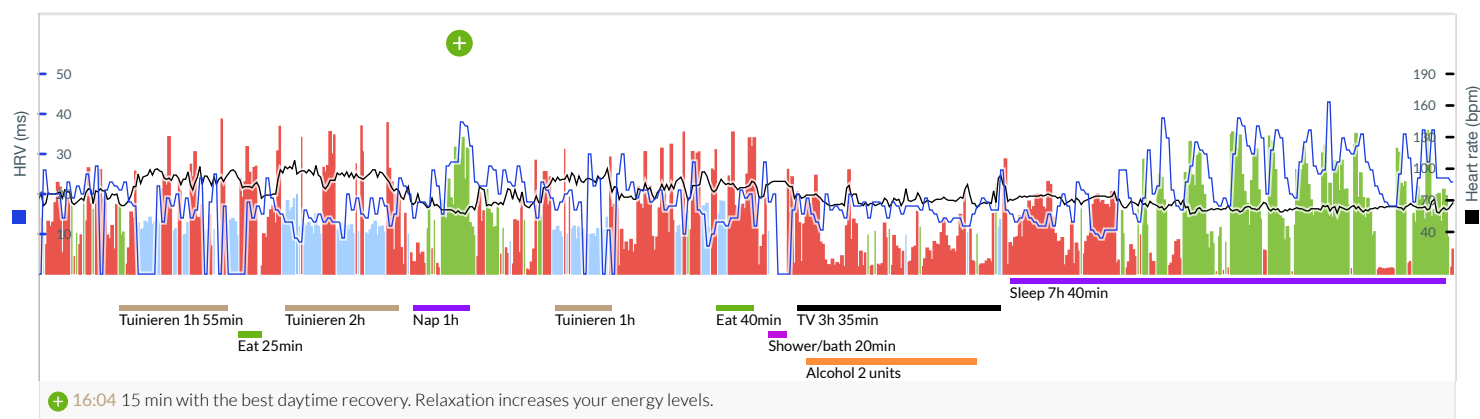**42min** vigorous

31min moderate

2h 3min light   STEPS **5332**

3465kcal

- ● Exercise 775kcal
- ● Light activity 520kcal
- ○ Other 2170kcal

Day 5 Sat 12/04

Day 5

Tuinieren 1h 55min   Tuinieren 2h   Nap 1h   Tuinieren 1h   Eat 40min   TV 3h 35min
        Eat 25min   Shower/bath 20min
                                                                              Alcohol 2 units
                                                                              Sleep 7h 40min

⊕ 16:04 15 min with the best daytime recovery. Relaxation increases your energy levels.

Stress & recovery balance

45 / 100

Your overall load was pretty high today. These kinds of days every now and then don't impair your performance level, but can lead to overload if repeated often.

AMOUNT OF STRESS REACTIONS	**14h 23min**
58%	< 65% Normal / ≥ 65% More than usual
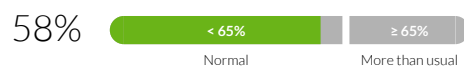
AMOUNT OF RECOVERY	**6h 12min**
25%	< 27% Low / 27-36% Moderate / ≥ 37% Good

Restorative effect of sleep

45 / 100

Your sleep duration met the recommendations but the restorative quality was only moderate. Think factors that may have disturbed your sleep.

SLEEP DURATION	**7h 40min (Excellent)**
RECOVERY DURING SLEEP	**4h 2min**
53%	< 60% Low / 60-79% Moderate / ≥ 80% Good

SELF-REPORTED SLEEP QUALITY ☹ ☹ 😐 🙂 😄

QUALITY OF RECOVERY (HRV)	
24ms	0-17ms Low / 17-32ms Moderate / ≥33ms Good

Health effects of physical activity

39 / 100

The health effects of your physical activity were moderate. Your activity made some impact on your health and vitality.

DURATION OF PHYSICAL ACTIVITY	**3h 53min**

vigorous

6min moderate

3h 46min light   STEPS **2857**

3229kcal

- Exercise 51kcal
- Light activity 956kcal
- Other 2221kcal

Workday description | Tuesday 08/04/2025

Total workday duration **5h 15min**

Work entry 1	**1h 30min** 11:00 – 12:30	Type	**Remote**	Mood	😧 😦 😐 😊 😁
Work entry 2	**3h 45min** 13:30 – 17:15	Type	**Remote**	Mood	😧 😦 😐 😊 😁

Physical Workload and risk limits | Tuesday 08/04/2025
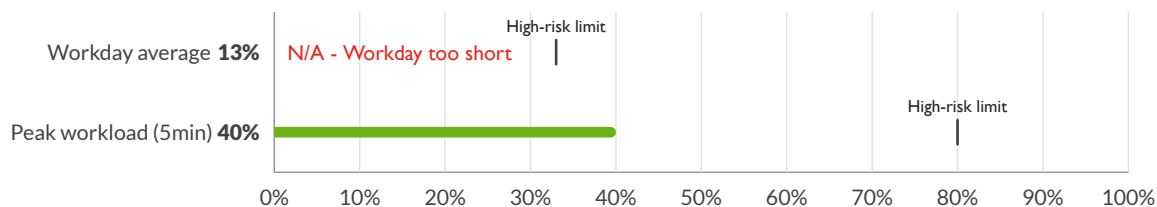
Workday average **13%**   N/A - Workday too short

Peak workload (5min) **40%**

Note! The high risk limit for the average physical workload (33% of VO2max) is set for an 8-hour workday including all the regular breaks. If the workday is shorter the risk limit is higher (40-45% of VO2max) and if the workday is longer the risk limit is lower (28-30% VO2max) than 33%. Risk notifications for workday average are only given if the workday lasted at least 6 hours. The rest of the report is still available for shorter workdays.

Intensity during work | Tuesday 08/04/2025
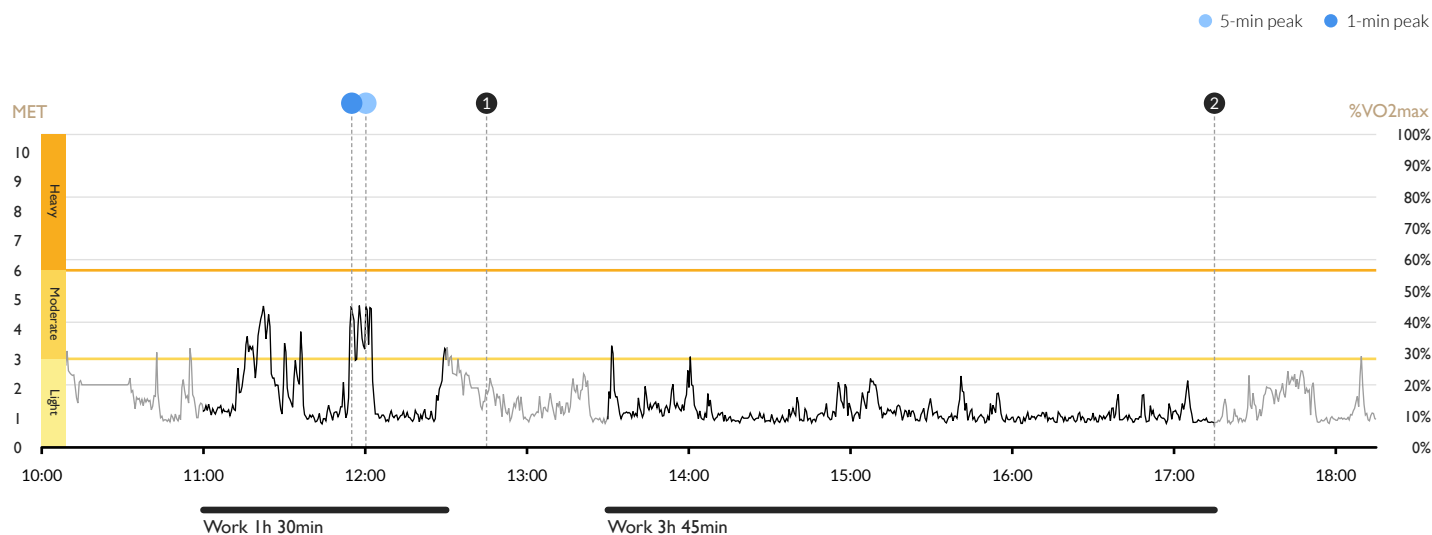
● 5-min peak   ● 1-min peak

	Diary Entry	Duration
1	Eat	**30min** 12:45–13:15
2	Eat	**10min** 17:15–17:25

Physical Workload Indexes | Tuesday 08/04/2025

	Average	1-min peak	5-min peak
VO2 (ml/kg/min)	5	17	15
VO2 (MET)	1.4	4.9	4.2
%VO2max	13%	46%	40%

Workday description | Wednesday 09/04/2025

Total workday duration **4h 35min**

Work entry 1	**2h 55min** 10:00 – 12:55	Type **Workplace**	Mood	😟 😦 😐 😄 🙂
Work entry 2	**1h 40min** 16:20 – 18:00	Type **Workplace**	Mood	😟 😦 😐 😄 🙂

Physical Workload and risk limits | Wednesday 09/04/2025
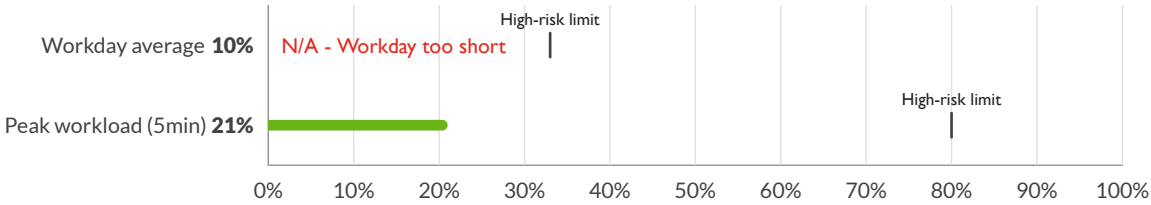
Workday average **10%**   N/A - Workday too short

Peak workload (5min) **21%**

Note! The high risk limit for the average physical workload (33% of VO2max) is set for an 8-hour workday including all the regular breaks. If the workday is shorter the risk limit is higher (40-45% of VO2max) and if the workday is longer the risk limit is lower (28-30% VO2max) than 33%. Risk notifications for workday average are only given if the workday lasted at least 6 hours. The rest of the report is still available for shorter workdays.

Intensity during work | Wednesday 09/04/2025
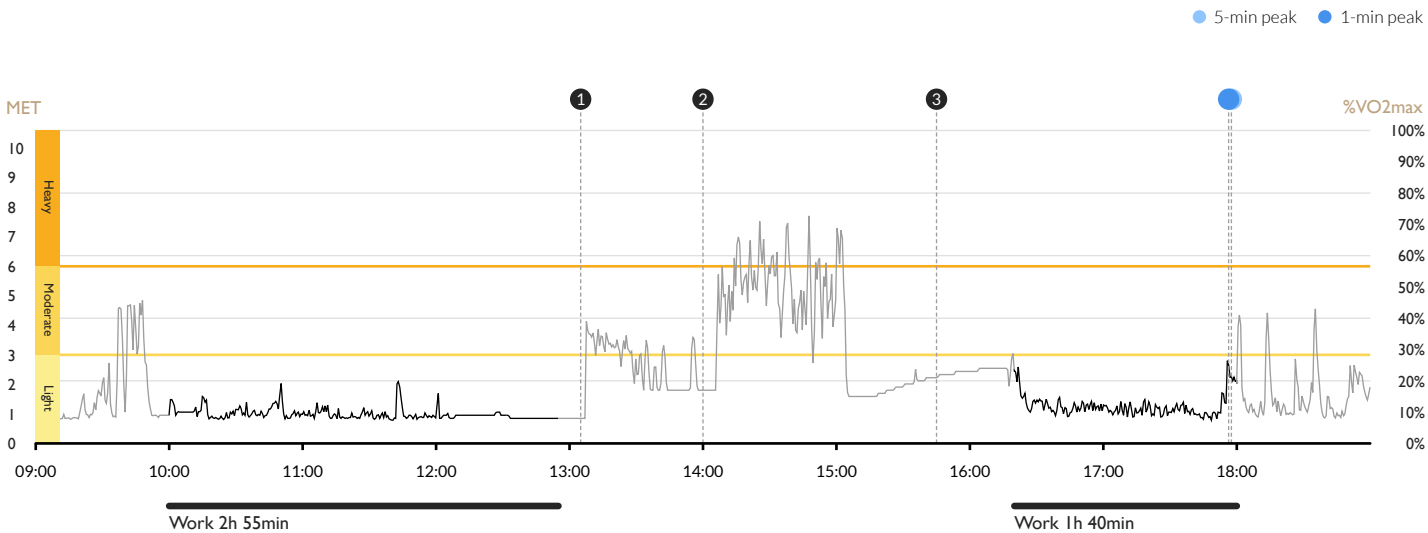
	Diary Entry	Duration
1	Eat	**35min** 13:05–13:40
2	Match padel	**1h 30min** 14:00–15:30
3	Shower/bath	**25min** 15:45–16:10

Physical Workload Indexes | Wednesday 09/04/2025

	Average	1-min peak	5-min peak
VO2 (ml/kg/min)	4	9	8
VO2 (MET)	1.1	2.7	2.2
%VO2max	10%	26%	21%

Workday description | Thursday 10/04/2025

Total workday duration **6h 45min**

Work entry 1	**3h 40min** 08:45 – 12:25	Type	**Workplace**	Mood	😟 😦 😐 😊 🙂
Work entry 2	**3h 5min** 14:00 – 17:05	Type	**Remote**	Mood	😟 😦 😐 😊 🙂

Physical Workload and risk limits | Thursday 10/04/2025
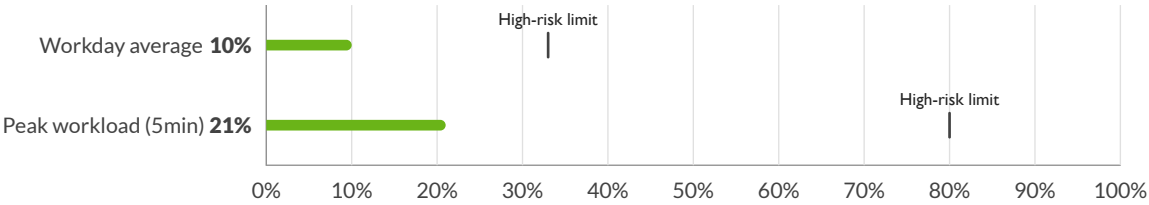
Note! The high risk limit for the average physical workload (33% of VO2max) is set for an 8-hour workday including all the regular breaks. If the workday is shorter the risk limit is higher (40-45% of VO2max) and if the workday is longer the risk limit is lower (28-30% VO2max) than 33%. Risk notifications for workday average are only given if the workday lasted at least 6 hours. The rest of the report is still available for shorter workdays.

Intensity during work | Thursday 10/04/2025
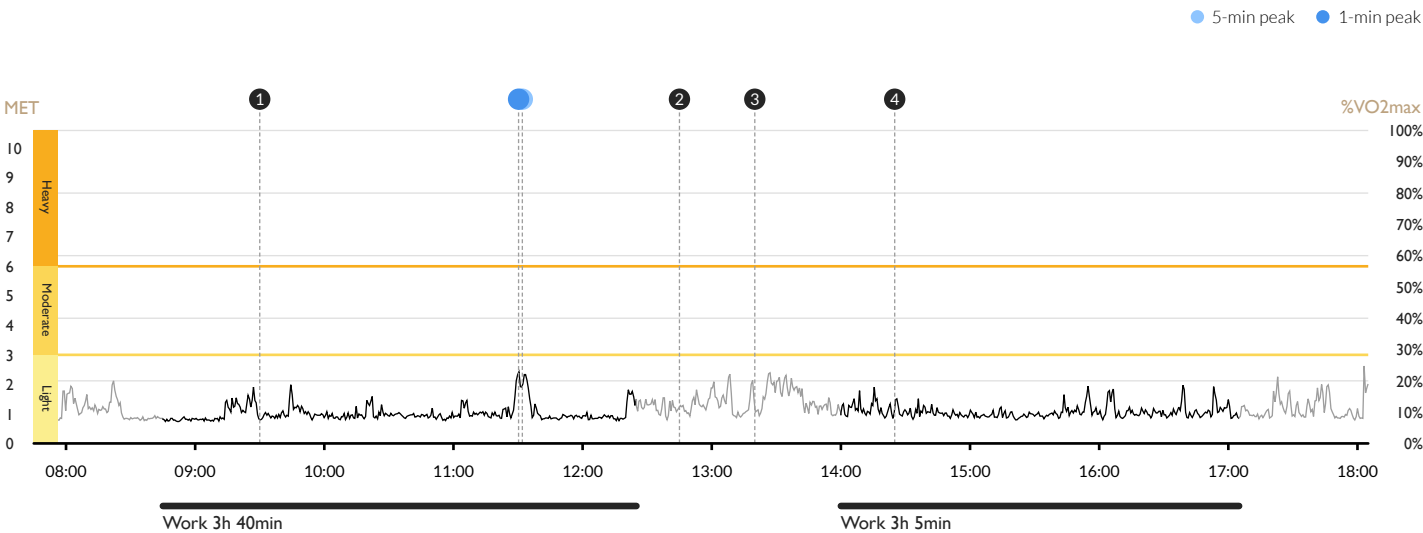
	Diary Entry	Duration	
1	Eat	**15min**	09:30–09:45
2	Eat	**30min**	12:45–13:15
3	Afwas	**20min**	13:20–13:40
4	Powernap	**15min**	14:25–14:40

Physical Workload Indexes | Thursday 10/04/2025

	Average	1-min peak	5-min peak
VO2 (ml/kg/min)	4	8	8
VO2 (MET)	1.1	2.4	2.2
%VO2max	10%	23%	21%

Workday description | Friday 11/04/2025

Total workday duration **4h 55min**

Work entry 1	**2h 55min** 09:45 – 12:40	Type **Workplace**	Mood	😟😦😐🙂😄	
Work entry 2	**1h 35min** 13:50 – 15:25	Type **Workplace**	Mood	😟😦😐🙂😄	
Work entry 3	**25min** 17:05 – 17:30	Type **Workplace**	Mood	😟😦😐🙂😄	

Physical Workload and risk limits | Friday 11/04/2025
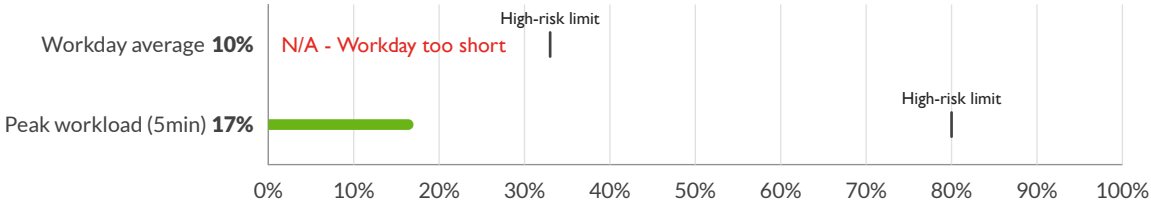
Workday average **10%**   N/A - Workday too short

Peak workload (5min) **17%**

Note! The high risk limit for the average physical workload (33% of VO2max) is set for an 8-hour workday including all the regular breaks. If the workday is shorter the risk limit is higher (40-45% of VO2max) and if the workday is longer the risk limit is lower (28-30% VO2max) than 33%. Risk notifications for workday average are only given if the workday lasted at least 6 hours. The rest of the report is still available for shorter workdays.

Intensity during work | Friday 11/04/2025
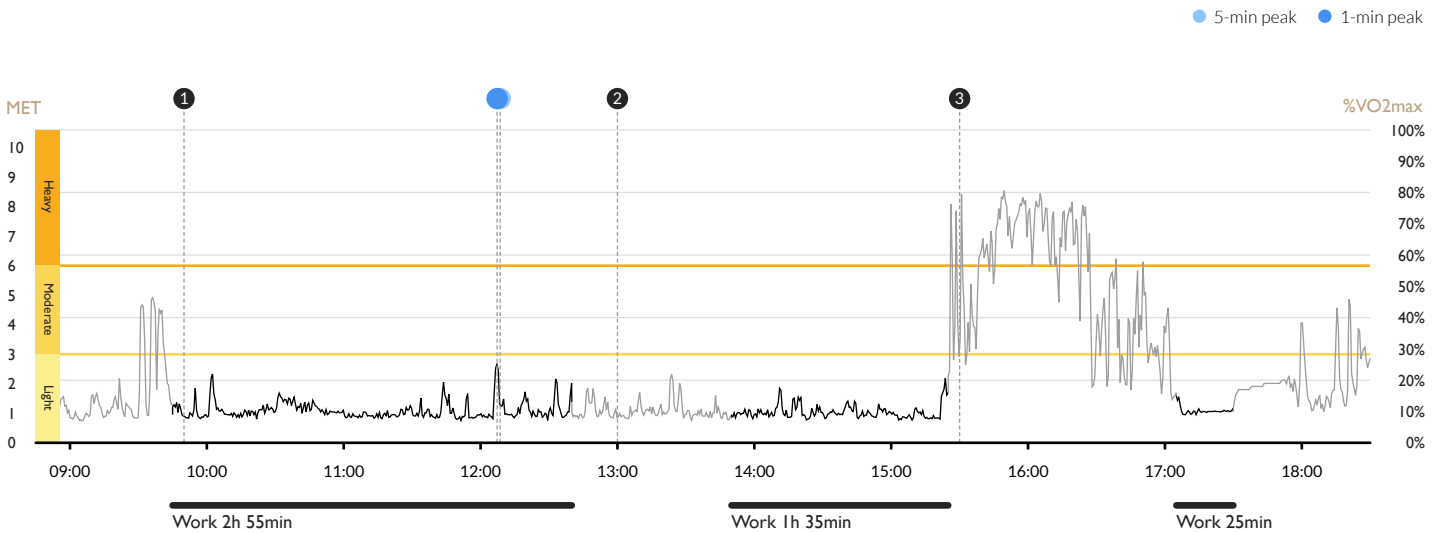
	Diary Entry	Duration
1	Eat	**25min** 09:50–10:15
2	Eat	**40min** 13:00–13:40
3	Match padel	**1h 30min** 15:30–17:00

Physical Workload Indexes | Friday 11/04/2025

	Average	1-min peak	5-min peak
VO2 (ml/kg/min)	4	9	6
VO2 (MET)	1.1	2.6	1.8
%VO2max	10%	25%	17%

QUESTIONNAIRE RESULTS
Health pre-questionnaire report questions and answers you gave before this measurement.

|		
I feel that I sleep enough.	😊 **Partially agree**	**Scale of answers**
I think I exercise enough to gain health benefits.	😐 **Neither agree nor disagree**	😃 Completely agree
In my opinion, my eating habits are healthy.	🙁 **Partially disagree**	😊 Partially agree
I feel that I consume alcohol in moderation.	😐 **Neither agree nor disagree**	😐 Neither agree nor disagree
I don't feel stressed.	😊 **Partially agree**	🙁 Partially disagree
My days include breaks and time for recovery.	😐 **Neither agree nor disagree**	🙁 Completely disagree
I feel alert and energetic most of the time.	🙁 **Partially disagree**	
I´m satisfied with my job.	😃 **Completely agree**	
I'm satisfied with my personal relationships.	😐 **Neither agree nor disagree**	
I feel well at the moment.	😊 **Partially agree**	

GOALS
Personal goals you had set to make changes in your lifestyle.

No goals set

Firstbeat Life

Firstbeat Life will help you to manage stress, recover better and exercise right. The assessment is based on analysis of **heart rate variability (HRV).**

The goal is to find a balance between work and leisure and between activity and rest, and to identify one's strengths and development areas. It is not essential to eliminate stress, but to ensure sufficient recovery and find a manageable rhythm to life.
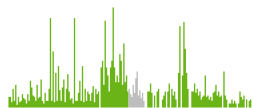
HEARTBEAT

845ms   750ms

HEART RATE VARIABILITY (HRV)
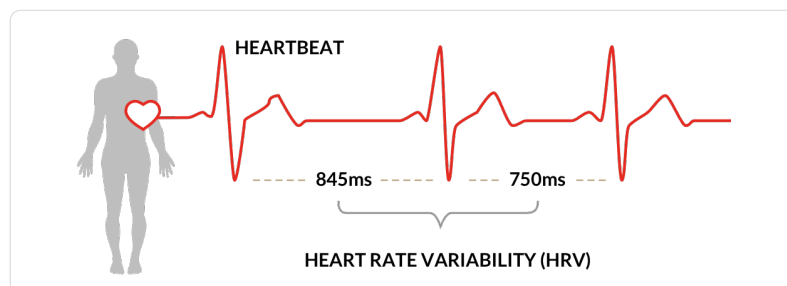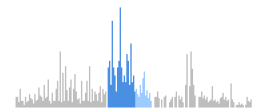
How to interpret your body state
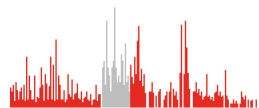
STRESS
means an elevated activation level in the body, and it can be positive or negative.

RECOVERY
means a calming down of the body. Important recovery periods include sleep and peaceful moments during the day.

PHYSICAL ACTIVITY
means physical loading during which energy expenditure is significantly increased.

- Vigorous physical activity > 60%,
- moderate 40–60% and
- light < 40% of maximal capacity.

How to interpret your score and other data

Overall score
is based on your combined stress and recovery, restorative effect of sleep and physical activity results. By improving these areas, you can promote your well- being and improve your Firstbeat Life score.

Score scale & color coding

- 85p - 100p ● Excellent
- 70p - 84p ● Good
- 50p - 69p ● Fairly Good
- 30p - 49p ● Moderate
- 15p - 29p ● Low
- 0p - 14p ● Very low

Stress and recovery balance
consists of the total amount of stress and recovery, as well as recovery during the awake time.

Restorative effect of sleep
is influenced by sleep duration and the amount and quality of recovery during sleep.

Sleep duration
is the period recorded in the journal, from going to bed to waking up.

Amount of recovery
means the share of recovery during the sleep period.

Quality of recovery
means the amount of heart rate variability during sleep. Age and heredity influence HRV, and age is considered in the reference values.

The health effects of physical activity
are based on the duration and intensity of aerobic physical activity. According to recommendations, for example 30 mins of moderate or 20 mins of vigorous physical activity produce good health effects.

Training Effect
tells the effect of an exercise session on personal fitness development (on a scale of 1-5).

Walking and running steps
are recognized from the movement data and they accumulate during walking and running. Steps do not accumulate for example during cycling or very light movement. 10,000+ steps per day characterize a very active day.