

# **Firstbeat Lifestyle Assessment**

# PRE-QUESTIONNAIRE REPORT

Profile

Measurement start date

Mikael Rinnetmäki

08.11.2015

#### QUESTIONNAIRE RESULTS

I think I am physically active enough to get health benefits.

I think my physical activity is intensive enough to improve my fitness.

In my opinion, my eating habits are healthy.

I feel that my alcohol consumption is not excessive.

I don't generally feel stressed.

My days include breaks that allow me to recover.

I usually feel rested and energetic.

I feel that I sleep enough.

I feel that I can influence the things that affect my health.

In my opinion, I feel well at the moment.

- Partially disagree
- Partially disagree
- Partially agree
- Completely agree
- Partially disagree
- Partially disagree
- Partially disagree
- Cannot say
- Partially agree
- Partially disagree



#### Scale of answers:

Completely agree Partially agree Cannot say Partially disagree Completely disagree

₱ Person: Mikael RinnetmäkiAge 39

Activity Class 4.0 (Average)
Resting heart rate 45

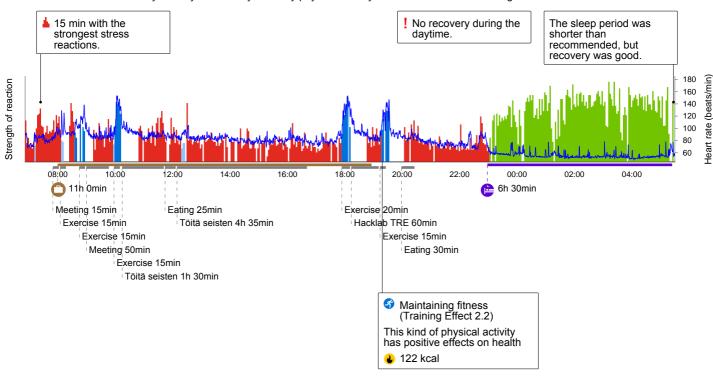
Height (cm) 184
Weight (kg) 72
Body Mass Index 21.3

Resting heart rate 45 Max. heart rate 185

Start time
 Tue 10.11.2015 06:51
 Duration
 22h 38min

☼ Duration
 ☼ Heart rate (low/avg./high)
 22h 38min
 49 / 76 / 153

▲ Stress reactions ▲ Recovery ▲ Physical activity ▲ Daily physical activity — Heart rate — Missing heart rate 0%



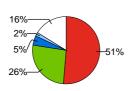
#### ▲ STRESS AND RECOVERY

Stress reactions (11h 37min)

Recovery (5h 55min)

Physical activity (1h 2min)Daily physical activity (24min)

Other state (3h 40min)



% of stress reactions:

% of recovery:

	More than usual	Normal	Less than usual
51%	> 60%	40 - 60%	< 40 %
		•	
	Low	Moderate	Good
26%	< 20%	20 - 29%	≥ 30%

#### WORK

Length of work periods: 11h 0min

Amount of recovery during work: 0min

Low	Moderate	Good
< 10 min	10 - 29 min	≥ 30 min

#### SLEEP

Self-reported sleep quality: Poor Moderate Good Length of sleep: 6h 30min < 5,5h ≥ 7h % of recovery during sleep: 91% < 50% 50 - 74% Quality of recovery 65 ms 0 - 19 ms 20 - 38 ms (HR variability, RMSSD):

#### **A** PHYSICAL ACTIVITY

The total duration of physical activity **1h 2min** of which fitness-improving physical activity **26min**. In addition, there was **24min** of daily physical activity.

Physical activity index: 82/100

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

### ENERGY EXPENDITURE

Total energy expenditure:

2943 kcal

☐ Physical activity 472 kcal
☐ Daily physical activity 207 kcal
☐ Daily physical activity 207 kcal

† Person: Mikael Rinnetmäki Age 39 **Activity Class** Height (cm) 184 Resting heart rate

Weight (kg) 72 Body Mass Index 213

4.0 (Average) Max. heart rate

45 185

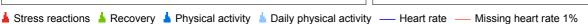
Measurement: Start time

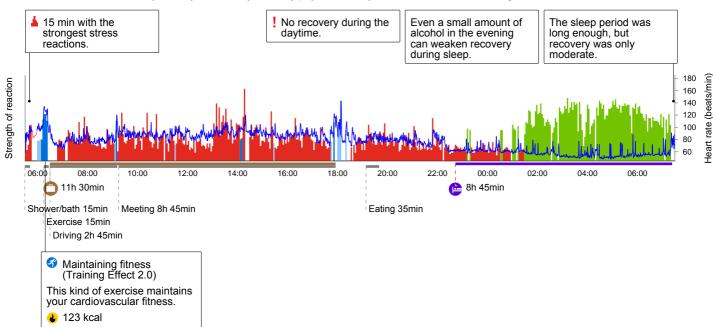
(i) Duration

Wed 11.11.2015 05:30

26h 0min 47 / 74 / 144

Heart rate (low/avg./high) Additional information: \( \bar{Y} \) Alcohol 2 units





#### **▲▲** STRESS AND RECOVERY

Stress reactions (16h 53min)

Recovery (5h 43min)

Physical activity (33min)

Daily physical activity (30min)

Other state (2h 22min)



% of stress reactions:

% of recovery:

More than usual	Normal	Less than usual
> 60%	40 - 60%	< 40 %
•		
Low	Moderate	Good
< 20%	20 - 29%	≥ 30%
	usual > 60% Low	usual Normal > 60% 40 - 60%  Low Moderate

#### WORK

Length of work periods: 11h 30min

Amount of recovery during work: 0min

Low	Moderate	Good
< 10 min	10 - 29 min	≥ 30 min

#### SLEEP

Self-reported sleep quality: Poor Moderate Good Length of sleep: 8h 45min < 5,5h 5,5h - 7h ≥ 7h % of recovery during sleep: 65% < 50% ≥ 75% Quality of recovery 45 ms 0 - 19 ms 20 - 38 ms (HR variability, RMSSD):

### **A** PHYSICAL ACTIVITY

The total duration of physical activity 33min of which fitness-improving physical activity 7min. In addition, there was 30min of daily physical activity.

Physical activity index: 33/100

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

#### ENERGY EXPENDITURE

Total energy expenditure:

2916 kcal ■ Physical activity 167 kcal ☐ Other 2325 kcal □ Daily physical activity 424 kcal

† Person: Mikael Rinnetmäki Age 39 **Activity Class** Height (cm) 184 Resting heart rate Max. heart rate Weight (kg) 72

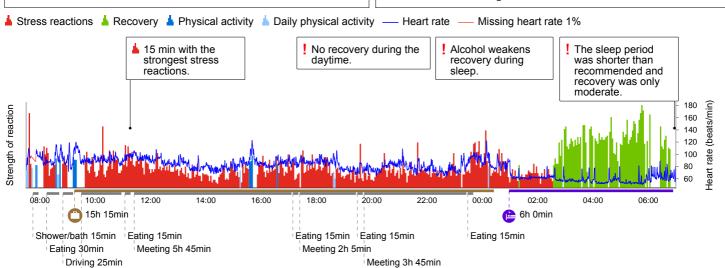
Body Mass Index 21.3 4.0 (Average) 45 185

Measurement:

Thu 12.11.2015 07:30 Start time

23h 30min (i) Duration 50 / 77 / 123 Heart rate (low/avg./high)

Additional information: \( \bar{Y} \) Alcohol 4 units



#### **▲▲** STRESS AND RECOVERY

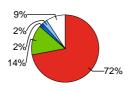
Meeting 1h 30min

Stress reactions (16h 55min)

Recovery (3h 24min) Physical activity (27min)

Daily physical activity (34min)

Other state (2h 10min)



% of stress reactions:

% of recovery:

	More than usual	Normal	Less than usual
72%	> 60%	40 - 60%	< 40 %
•	_		
	Low	Moderate	Good
14%	< 20%	20 - 29%	≥ 30%

#### WORK

Length of work periods: 15h 15min

Amount of recovery during work: 0min

Low	Moderate	Good
< 10 min	10 - 29 min	≥ 30 min

### **SLEEP**

Self-reported sleep quality: Poor Moderate Good Length of sleep: 6h 0min < 5.5h ≥ 7h % of recovery during sleep: 57% < 50% ≥ 75% Quality of recovery 39 ms 0 - 19 ms 20 - 38 ms ≥ 38 ms (HR variability, RMSSD):

### **▲▲** PHYSICAL ACTIVITY

The total duration of physical activity 27min of which fitness-improving physical activity **0min**. In addition, there was 34min of daily physical activity.

Physical activity index: 16/100

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

#### ENERGY EXPENDITURE

Total energy expenditure:

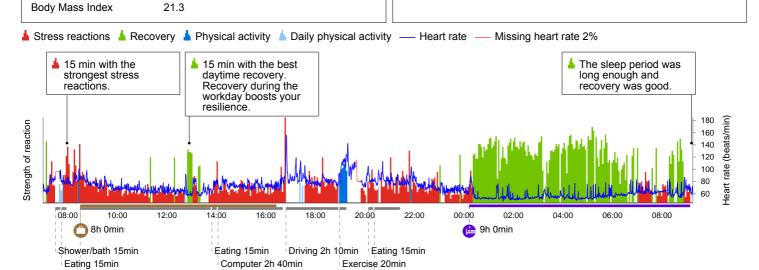
2724 kcal ■ Physical activity 109 kcal ☐ Other 2215 kcal □ Daily physical activity 400 kcal

† Person: Mikael RinnetmäkiAge39Activity Class4.0 (Average)Height (cm)184Resting heart rate45Weight (kg)72Max. heart rate185Body Mass Index21.3

Measurement:

① Start time Fri 13.11.2015 07:00

⁺ Duration 26h 15min
 ♦ Heart rate (low/avg./high) 47 / 68 / 156



#### **▲▲** STRESS AND RECOVERY

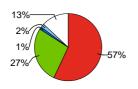
Computer 5h 20min

Stress reactions (14h 58min)

Recovery (7h 6min)

Physical activity (19min)Daily physical activity (27min)

Other state (3h 25min)



% of stress reactions:

Computer 1h 5min

% of recovery:

	More than usual	Normal	Less than usual
57%	> 60%	40 - 60%	< 40 %
		•	
	Low	Moderate	Good
27%	< 20%	20 - 29%	> 30%

#### WORK

Length of work periods: 8h 0min

Amount of recovery during work: 33min

AI	Amount of recovery during work: 33min			
	Low	Moderate	Good	
	< 10 min	10 - 29 min	≥ 30 min	
			•	

### SLEEP

Self-reported sleep quality: Poor Moderate Good Length of sleep: 9h 0min < 5,5h 5,5h - 7h % of recovery during sleep: ≥ 75% 72% < 50% Quality of recovery 45 ms 0 - 19 ms 20 - 38 ms (HR variability, RMSSD):

### **▲▲** PHYSICAL ACTIVITY

The total duration of physical activity **19min** of which fitness-improving physical activity **1min**. In addition, there was **27min** of daily physical activity.

Physical activity index: 30/100

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

### ENERGY EXPENDITURE

Total energy expenditure:

2538 kcal ☐ Physical activity 148 kcal ☐ Other 2217 kcal ☐ Daily physical activity 173 kcal

† Person: Mikael Rinnetmäki Age 39 **Activity Class** 4.0 (Average) Height (cm) 184 Resting heart rate

72

21.3

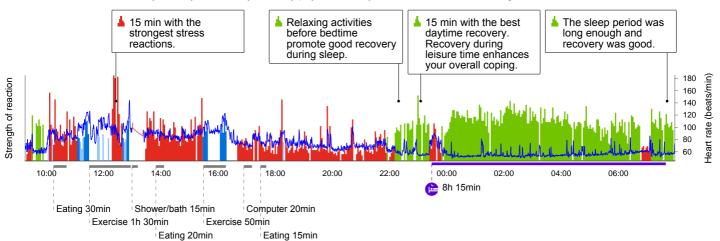
45 Max. heart rate 185

Measurement:

Sat 14.11.2015 09:15 Start time

22h 44min か Duration 50 / 70 / 145 Heart rate (low/avg./high)





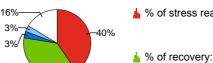
#### ▲ STRESS AND RECOVERY

Stress reactions (9h 12min)

Recovery (8h 26min)

Physical activity (43min) Daily physical activity (40min)

Other state (3h 43min)



% of stress reactions:

	More than usual	Normal
%	> 60%	40 - 60%
		-

Less than usual < 40 %

Moderate Low Good < 20% 20 - 29% ≥ 30%



Weight (kg)

Body Mass Index

No work period

### SLEEP

Self-reported sleep quality: Poor Moderate Good Length of sleep: 8h 15min < 5,5h 5,5h - 7h % of recovery during sleep: 85% < 50% 50 - 74% Quality of recovery

40

37%

42 ms 0 - 19 ms 20 - 38 ms (HR variability, RMSSD):

### **▲▲** PHYSICAL ACTIVITY

The total duration of physical activity 43min of which fitness-improving physical activity 1min. In addition, there was 40min of daily physical activity.

Physical activity index: 41/100

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

### ENERGY EXPENDITURE

Total energy expenditure:

2479 kcal ■ Physical activity 210 kcal ☐ Other 1882 kcal ■ Daily physical activity 387 kcal

# LIFESTYLE ASSESSMENT SUMMARY

† Person: Mikael Rinnetmäki

Age39Activity Class4.0 (Average)Height (cm)184Resting heart rate45Weight (kg)72Max. heart rate185

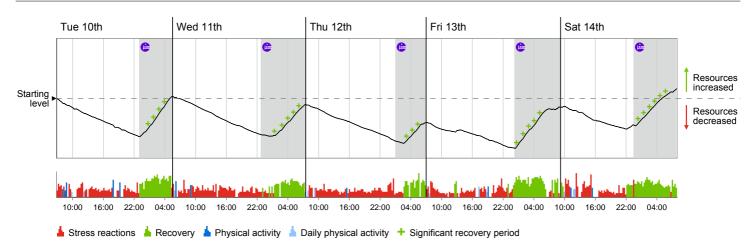
Body Mass Index 21.3

Assessment: 10.11.2015 - 14.11.2015

Additional information:

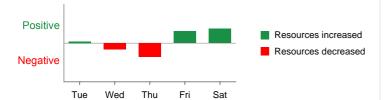
Alcohol: Wed 11th (2 units), Thu 12th (4 units)

#### **BODY RESOURCES**

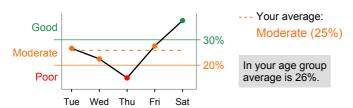


#### **▲▲** STRESS AND RECOVERY

#### STRESS AND RECOVERY BALANCE:

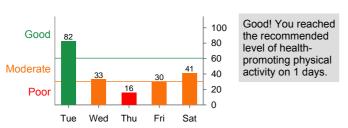


#### % OF RECOVERY:



#### **▲▲** PHYSICAL ACTIVITY

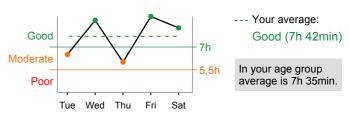
#### PHYSICAL ACTIVITY INDEX:



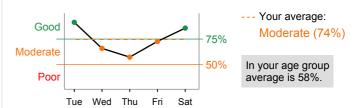
The measurement did not include workouts with a fitness-improving Training Effect.

#### **SLEEP**

#### LENGTH OF SLEEP:

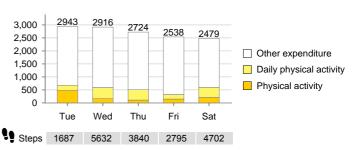


#### % OF RECOVERY DURING SLEEP:



### ENERGY EXPENDITURE

#### ENERGY EXPENDITURE (kcal):



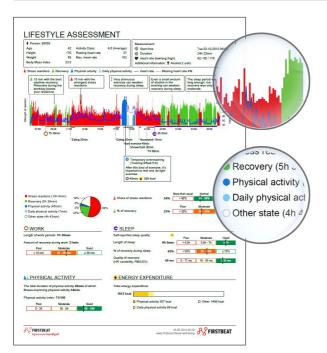
### WHAT DOES THE LIFESTYLE ASSESSMENT MEASURE?



The Lifestyle assessment will help you with stress management, recovery and exercise prescription. The assessment is based on analysis of heart rate variability.

The Lifestyle assessment will help you understand how you can take control and positively affect your health and well-being. Measurement of heart rate variability gives accurate information about your body's **stress reactions** and **recovery** response as well as the **intensity of exercise**.

The goal is to find a **balance between work and leisure** and **between activity and rest**. It is not essential to eliminate stress, but to ensure sufficient recovery and find a manageable rhythm to life.



- ▲ STRESS REACTION means an increased activation level in the body.

  The reaction can be positive or negative. On average, there are 47% of stress reactions in a 24-hour period.\*
- ▲ RECOVERY means that the body's activation level drops. Important recovery periods include sleep, peaceful moments during the day and days off. On average, there is 25% of recovery in a 24-hour period.\*
- ▲ DAILY PHYSICAL ACTIVITY means low-intensity physical activity during which the intensity is 20-30% of the estimated maximal capacity.
- ▲ PHYSICAL ACTIVITY means moderate physical loading during which the intensity is over 30% of the estimated maximal capacity.

**Fitness-improving physical activity** means exercise during which the intensity is over 50% of the estimated maximal capacity.

**OTHER STATE** is typically shown during recovery from exercise, short awakenings during sleep, and missing data periods.



**Training Effect** (TE) tells the effect of the exercise session on aerobic fitness. The scale of training effect is 1-5 (see right).





**Physical activity index** sum up the effect of physical activity on health during the day. The index accumulate based on duration and intensity. For example, in order to achieve a good score (60), you should perform 30 mins of moderate intensity activity or a longer duration of lighter physical activity. The average physical activity index is 48 per day.\*



The **length of sleep** is the period recorded in the journal, from going to bed to waking up. On average, there is 60% of recovery during the sleep period.\*

**Quality of recovery** is based on analysis of heart rate variability. Low values can indicate weak recovery, whereas higher values suggest good recovery. Age influences heart rate variability, and its effect has been accounted for in the reference values. Recovery during sleep can be weakened by various stressors or conditions, such as stress, insufficient sleep, illnesses, alcohol and drugs, poor physical fitness and overweight. The result is not shown in the report if the value cannot be reliably calculated.

The sleep period should be long enough and of good quality to be restorative.



## **GOALS**

Please set some personal goals for making changes in your lifestyle. Work ■ I will remember to drink and eat regularly, even when I'm busy. I will include some light physical activity in my work days. I will set a realistic work schedule. ☐ I will set a "no-later-than" time for leaving work. After the workday, I will try to disengage from work by doing things that I enjoy. Leisure time I will engage in recovery activities that I feel work best for me (e.g. relaxation techniques, watching TV, reading). I will learn to say "No". I will continue to engage in my hobbies because positive experiences enhance my well-being. I will maintain a regular meal rhythm. I will pay attention to the quality of what I eat, e.g. avoid products that contain excessive fats, sugar or salt. I will lose weight kg. ☐ I will increase my amount of daily activity. I will attempt to engage in physical activity at least \_\_\_\_ times per week. Night and sleeping I won't do stressful tasks just before bedtime (e.g. work / e-mail). I will engage in activities that I find relaxing and help me to fall asleep. I will reduce alcohol consumption to improve my sleep quality. I will attempt to go to bed early enough to get enough sleep. Own goals