

## Firstbeat HRV Lifestyle Analyse

CSR | centrum  
stress & burn-out coaching

425349

# PRE-QUESTIONNAIRE REPORT

---

Profile

425349

Measurement start date

19.09.2017

## QUESTIONNAIRE RESULTS

---

I think I am physically active enough to get health benefits.	😊 Completely agree
I think my physical activity is intensive enough to improve my fitness.	😊 Completely agree
In my opinion, my eating habits are healthy.	😊 Partially agree
I feel that my alcohol consumption is not excessive.	😊 Partially agree
I don't generally feel stressed.	😞 Partially disagree
My days include breaks that allow me to recover.	😊 Partially agree
I usually feel rested and energetic.	😊 Partially agree
I feel that I sleep enough.	😊 Partially agree
I feel that I can influence the things that affect my health.	😊 Partially agree
In my opinion, I feel well at the moment.	😊 Partially agree



**Scale of answers:**

*Completely agree*

*Partially agree*

*Cannot say*

*Partially disagree*

*Completely disagree*

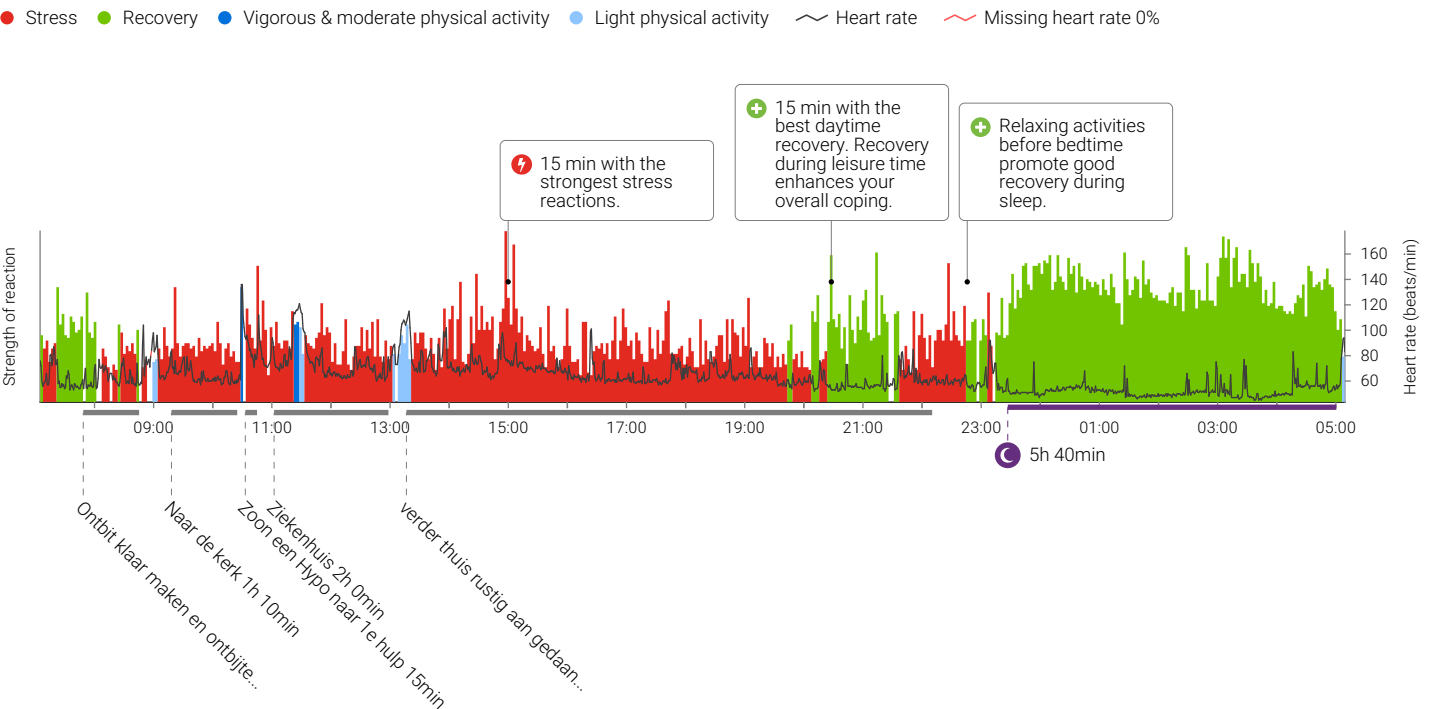
# LIFESTYLE ASSESSMENT

**Person:** 425349

Age	49	Activity Class	6.0 (Good)
Height (cm)	183	Resting heart rate	43
Weight (kg)	98	Max. heart rate	178
Body Mass Index	29.3		

**Measurement:**

Start time	Sun 24.09.2017 07:04
Duration	22h 5min
Heart rate (low/avg./high)	44 / 61 / 136



## STRESS AND RECOVERY

STRESS AND RECOVERY BALANCE

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

89

100

Stress and recovery balance was good.

AMOUNT OF STRESS REACTIONS 12h 18min

≤ 60%

> 60%

Normal More than usual 56%

AMOUNT OF RECOVERY (day & night) 7h 54min

< 20%

20 - 29%

≥ 30%

Low Moderate Good 36%

➢ A lot of recovery during the daytime (2h 28min).

## SLEEP

RESTORATIVE EFFECT OF SLEEP

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

60

100

The sleep period was shorter than recommended, but recovery was good.

LENGTH OF SLEEP 5h 40min (Moderate)

AMOUNT OF RECOVERY DURING SLEEP 5h 26min

< 50%

50 - 74%

≥ 75%

Low Moderate Good 96%

QUALITY OF RECOVERY (Heart rate variability)

0 - 15 ms

16 - 29 ms

≥ 30 ms

Low Moderate Good 46 ms

SELF-REPORTED SLEEP QUALITY 😊 😐 😐 😐 😐

## PHYSICAL ACTIVITY

HEALTH EFFECTS OF PHYSICAL ACTIVITY

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

21

100

Minor health effects

DURATION OF PHYSICAL ACTIVITY

Light	Moderate	Vigorous
32min	8min	0min

## ENERGY EXPENDITURE

TOTAL ENERGY EXPENDITURE

2264 kcal

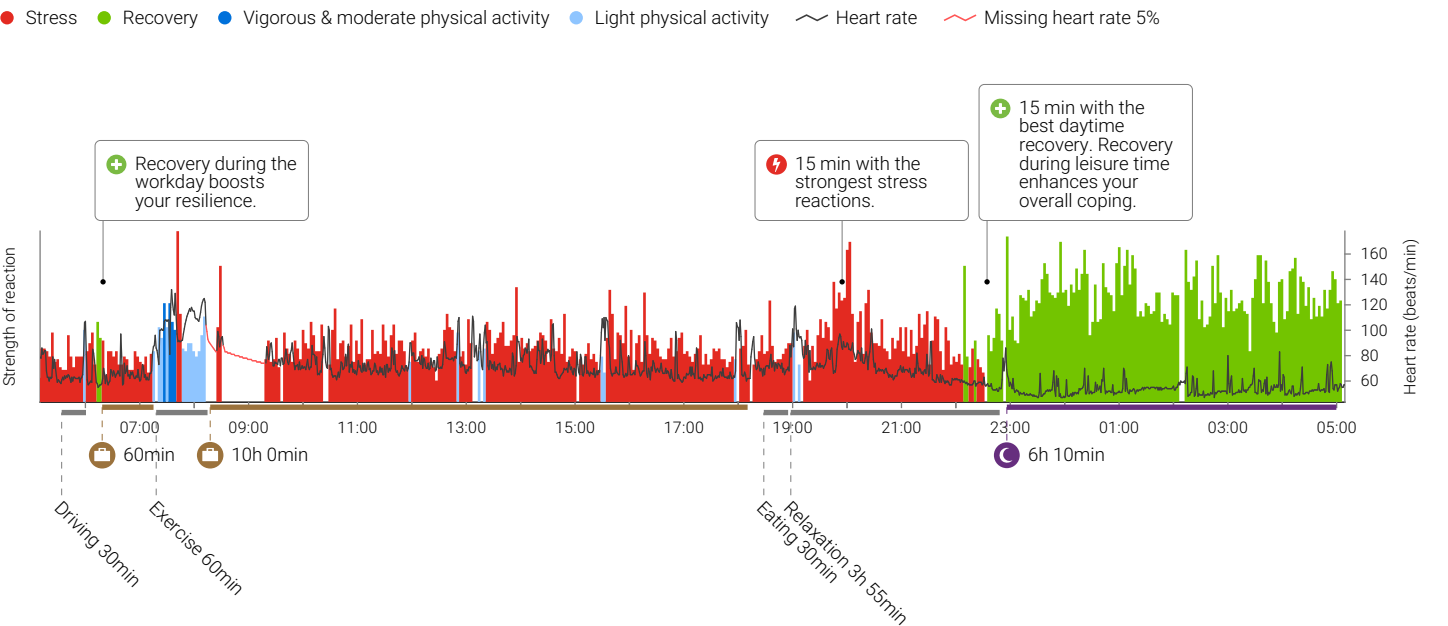
- Vigorous & moderate physical activity 66 kcal
- Light physical activity 165 kcal
- Other 2033 kcal

STEPS

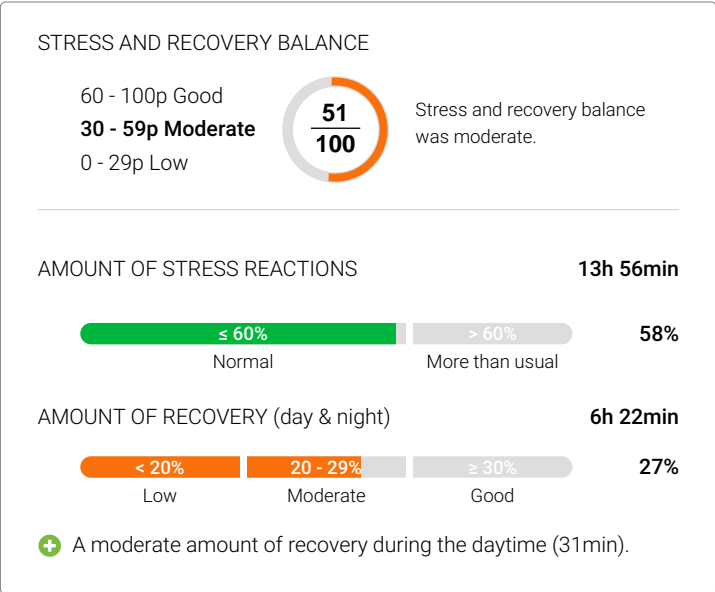
1729 🚶

# LIFESTYLE ASSESSMENT

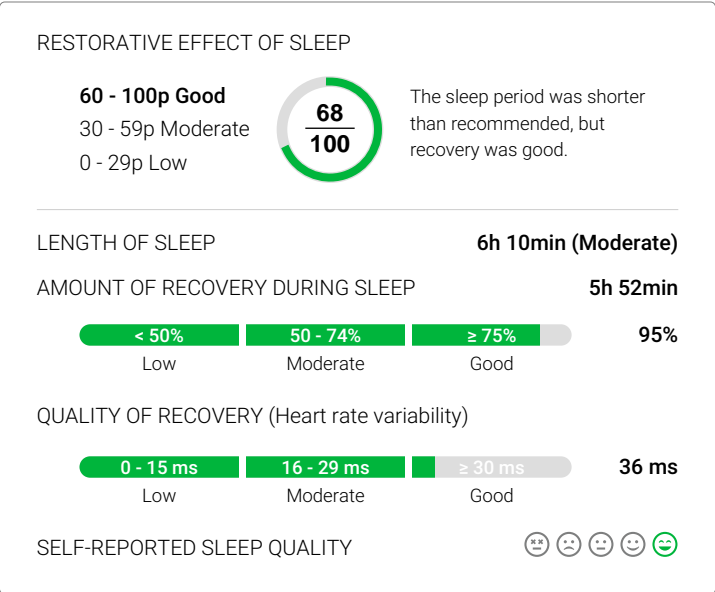
Person: 425349				Measurement:	
Age	49	Activity Class	6.0 (Good)	Start time	Mon 25.09.2017 05:10
Height (cm)	183	Resting heart rate	43	Duration	24h 0min
Weight (kg)	98	Max. heart rate	178	Heart rate (low/avg./high)	45 / 66 / 131
Body Mass Index	29.3				



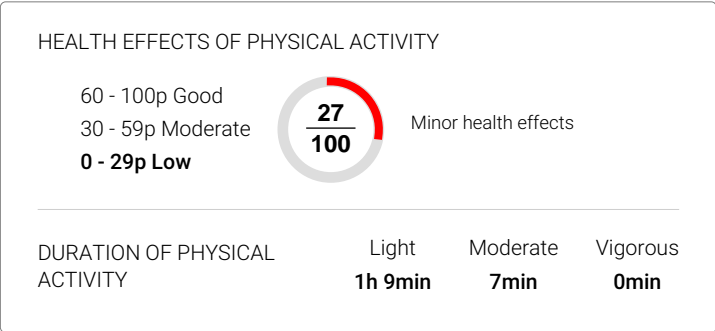
## STRESS AND RECOVERY



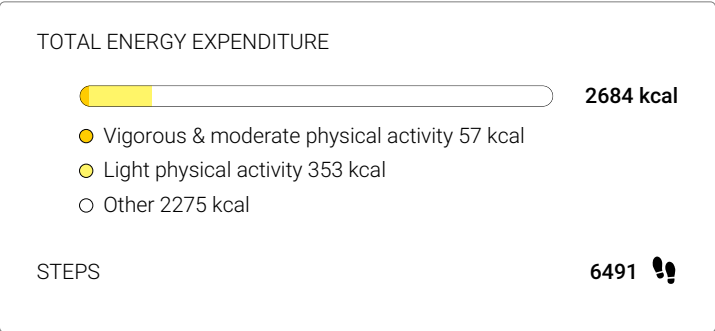
## SLEEP



## PHYSICAL ACTIVITY

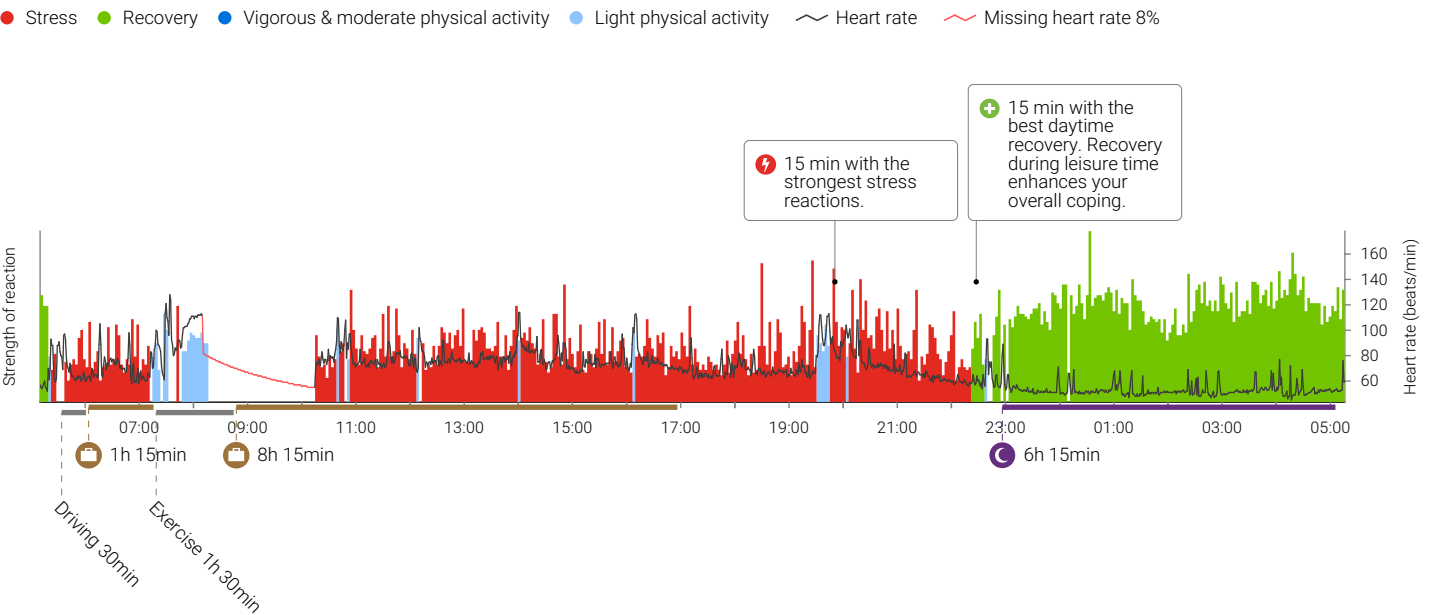


## ENERGY EXPENDITURE

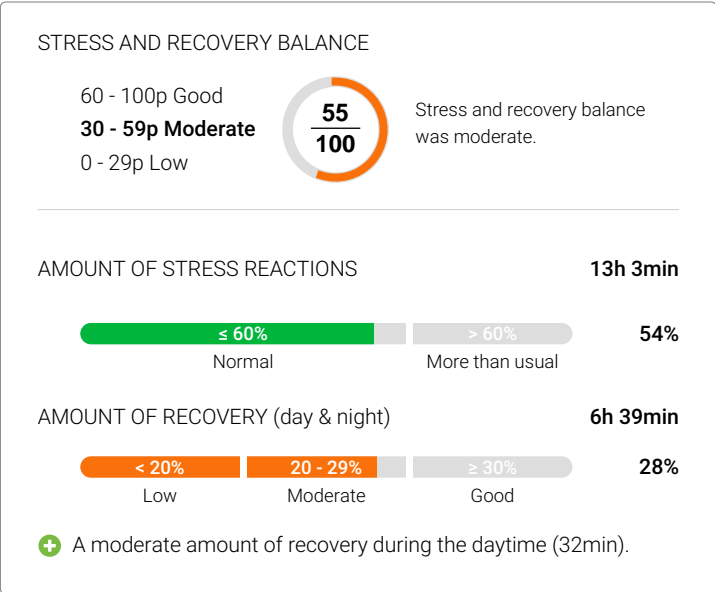


# LIFESTYLE ASSESSMENT

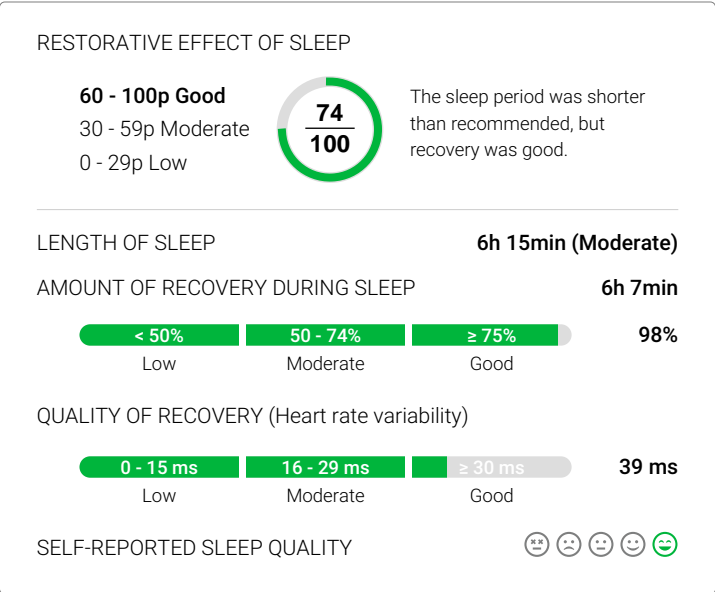
Person: 425349				Measurement:	
Age	49	Activity Class	6.0 (Good)	Start time	Tue 26.09.2017 05:10
Height (cm)	183	Resting heart rate	43	Duration	24h 7min
Weight (kg)	98	Max. heart rate	178	Heart rate (low/avg./high)	45 / 66 / 128
Body Mass Index	29.3				



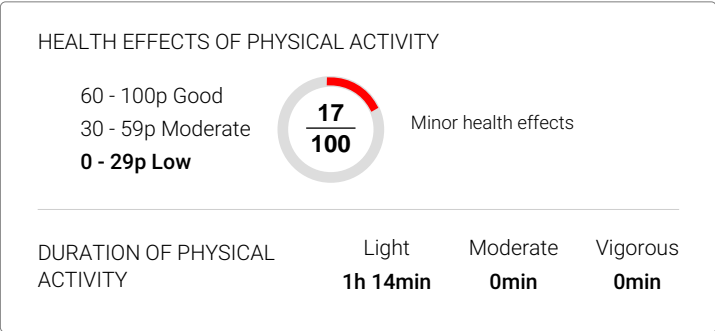
## STRESS AND RECOVERY



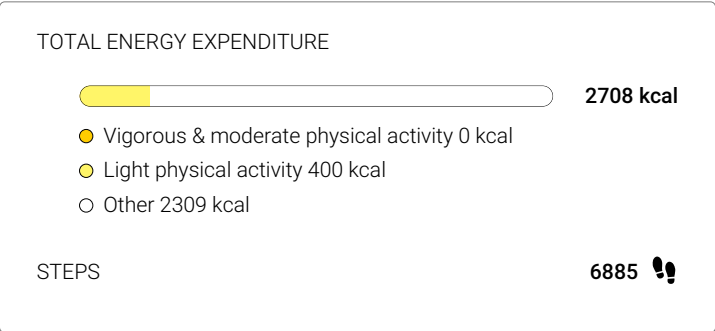
## SLEEP



## PHYSICAL ACTIVITY



## ENERGY EXPENDITURE



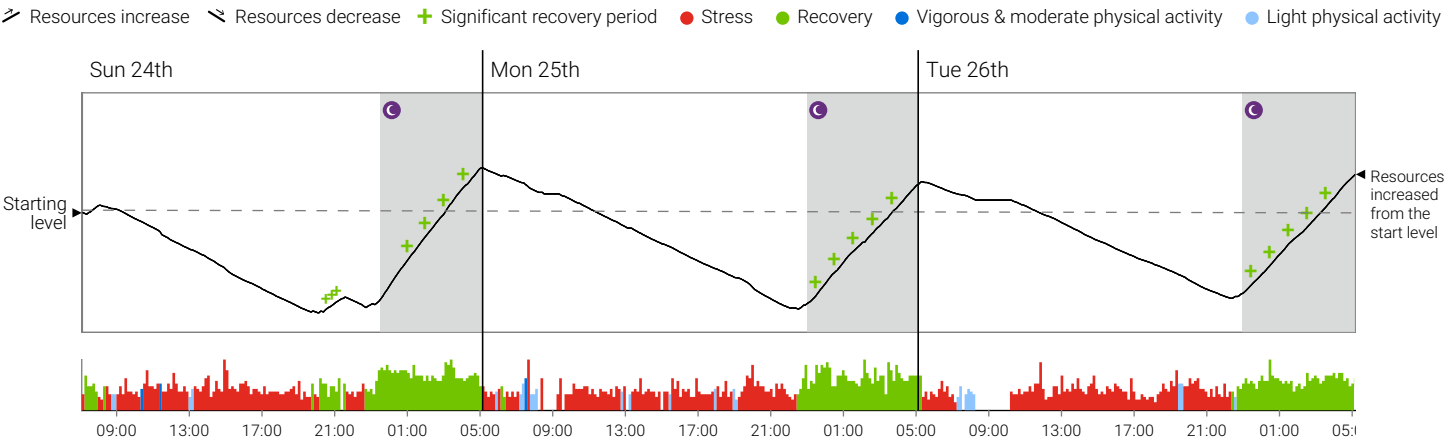
# LIFESTYLE ASSESSMENT SUMMARY

**Person:** 425349

Age	49	Activity Class	6.0 (Good)
Height (cm)	183	Resting heart rate	43
Weight (kg)	98	Max. heart rate	178
Body Mass Index	29.3		

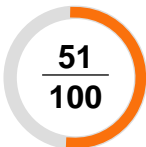
Assessment: 24.09.2017 - 26.09.2017

## BODY RESOURCES



## LIFESTYLE ASSESSMENT SCORE

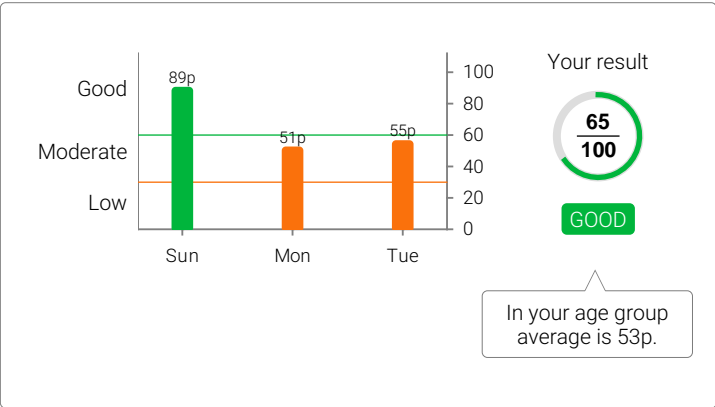
The score is based on your combined stress and recovery, sleep and physical activity result. By improving these areas, you can promote your well-being and improve your Lifestyle Assessment score.



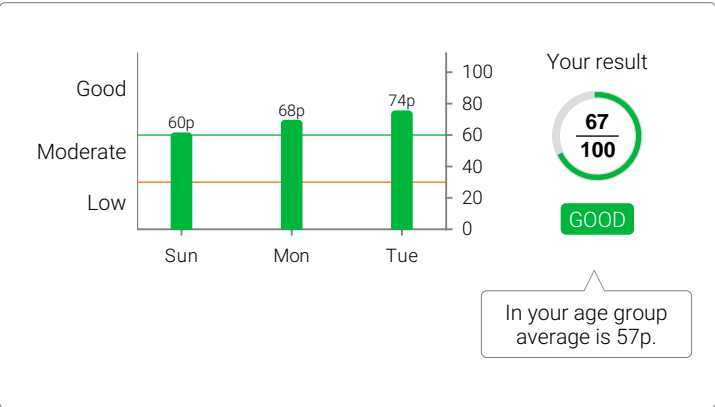
- 85 - 100p Excellent
- 60 - 84p Good
- 30 - 59p Moderate
- 15 - 29p Low
- 0 - 14p Very low

The average score of all Lifestyle Assessment participants is 55p.

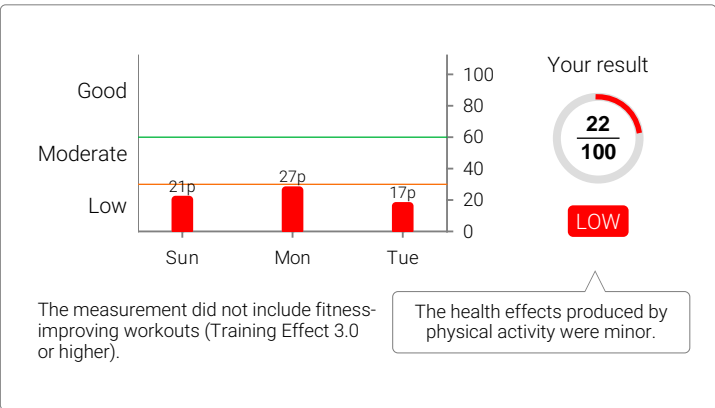
## STRESS AND RECOVERY BALANCE



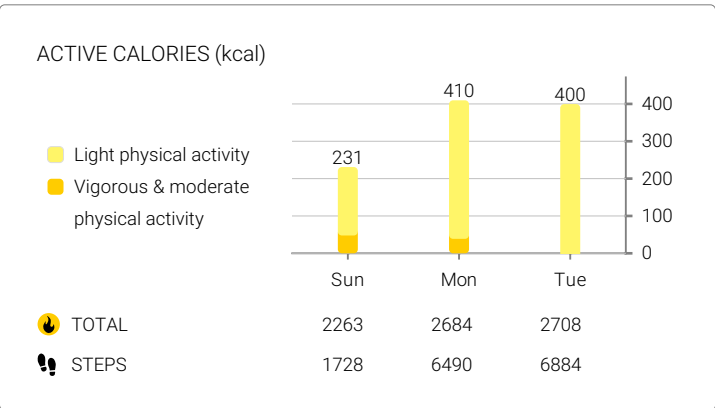
## RESTORATIVE EFFECT OF SLEEP



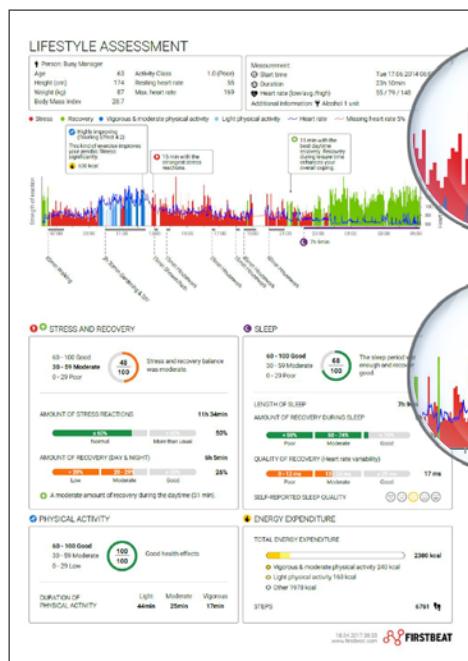
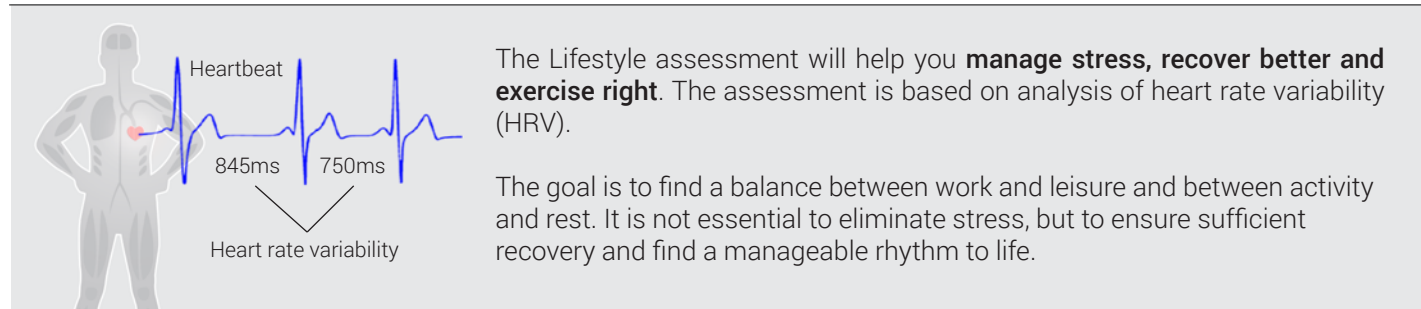
## HEALTH EFFECTS OF PHYSICAL ACTIVITY



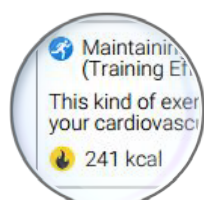
## ENERGY EXPENDITURE



# WHAT DOES THE LIFESTYLE ASSESSMENT MEASURE?



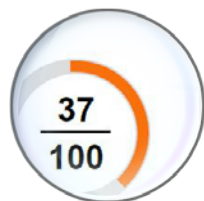
- **STRESS REACTION** means an elevated activation level in the body. The reaction can be positive or negative. On average, there are 50% of stress reactions in a 24-hour period.\*
- **RECOVERY** means a calming down of the body. Important recovery periods include sleep and peaceful moments during the day. On average, there is 26% of recovery in a 24-hour period.\*
- PHYSICAL ACTIVITY** means physical loading during which energy expenditure is significantly increased from the resting level (over 2 MET).
- Vigorous physical activity means an intensity of over 60%
- Moderate physical activity an intensity of 40-60% and
- Light physical activity an intensity below 40% of the person's maximal capacity.
- **OTHER STATE** is typically recovery from exercise, short awakenings during sleep, or missing data periods for example during a shower.



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

- 5.0 Temporary overreaching
- 4.0 - 4.9 Highly improving
- 3.0 - 3.9 Improving
- 2.0 - 2.9 Maintaining
- 1.0 - 1.9 Easy recovery

**Stress and recovery balance** (0-100) is determined by the total amount of stress and recovery, as well as the amount of recovery during the awake time. The average result is 56 points. \*



The **restorative effect of sleep** (0-100) consists of sleep duration and the amount and quality of recovery during sleep. The average result is 58 points. \*

The **health effects of physical activity** (0-100) are determined by 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. The average result is 42 points. \*

**Length of sleep** is the period recorded in the journal, from going to bed to waking up.

**Amount of recovery** means the share of recovery during sleep. On average, the result is 60%. \*

**Quality of recovery** means the amount of heart rate variability (HRV) during sleep. A low value indicates weak recovery and a higher value suggests better recovery. Age and heredity influence HRV, and age is taken into account in the reference values.

**Steps** are recognized from the movement data 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.

# GOALS

---

**Please set some personal goals for making changes in your lifestyle.**

## **Stress management**

- ☐ I will set a realistic work schedule.
- ☐ I will take regular short breaks during the work day.
- ☒ After the workday, I will try to disengage from work by doing things that I enjoy.
- ☒ I will learn to say "No".

## **Recovery and sleep**

- ☒ I will continue to engage in my hobbies because positive experiences enhance my well-being.
- ☐ I will try to relax on a regular basis (e.g. relaxation techniques, music, TV, reading).
- ☐ I will avoid stressful things just before bedtime (e.g. alcohol, work and electronic devices).
- ☐ I will attempt to go to bed early enough to get enough sleep.

## **Physical activity**

- ☐ I will find an enjoyable form of exercise to engage in regularly.
- ☐ I will increase the amount of light physical activity, e.g. by using the stairs, walking short distances and avoiding uninterrupted sitting.
- ☒ I will attempt to engage in physical activity at least 5 times per week.
- ☐ I will take care of my muscles by including stretching as part of my weekly exercise routine.

## **Nutrition**

- ☒ 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 remember to drink and eat regularly, even when I'm busy.

## **Own goals**

- south beach dieet afmaken (we zitten in de tweede week)
- genoeg slapen
- bewegen elke werkdag ochtend ruim een uur (doe ik sinds 2010 naast kantoor zit een fitness club).