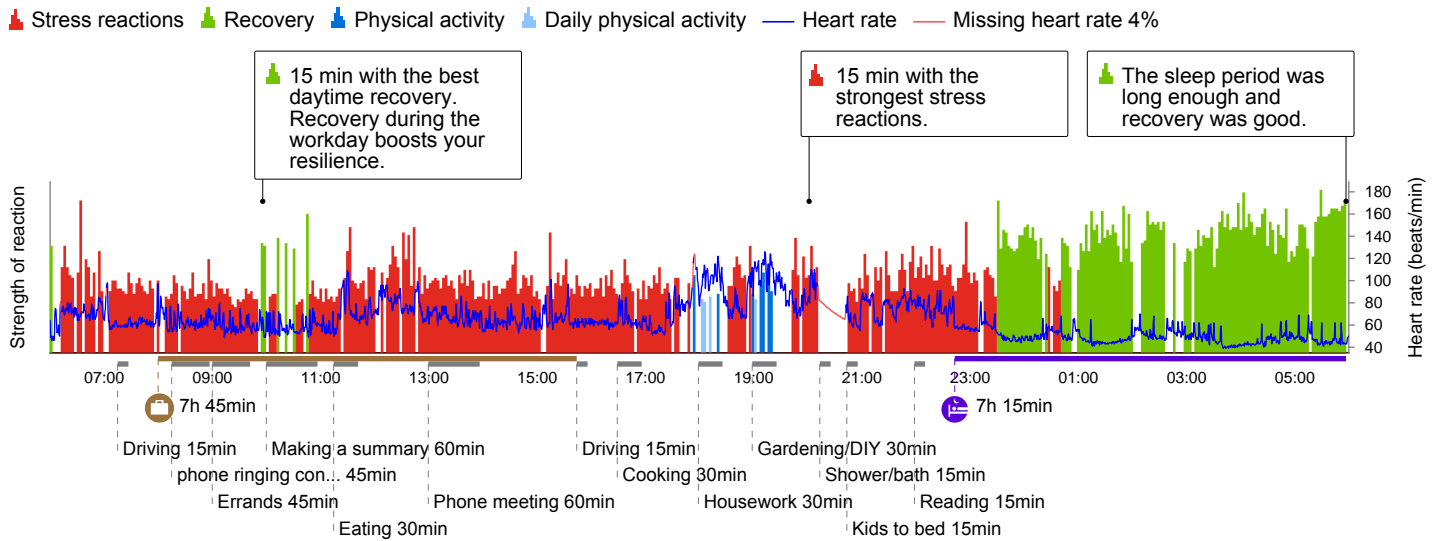
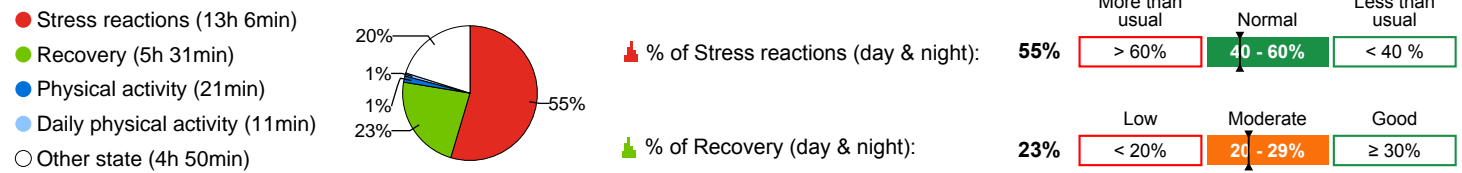


LIFESTYLE ASSESSMENT

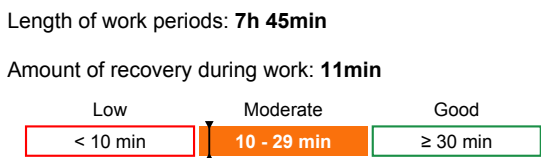
Person: Ellie Example Age 50 Activity Class 6.0 (Good) Height (cm) 170 Resting heart rate 35 Weight (kg) 62 Max. heart rate 189 Body Mass Index 21.5				Measurement: Start time Mon 01.10.2015 06:00 Duration 24h 0min Heart rate (low/avg./high) 39 / 62 / 126	
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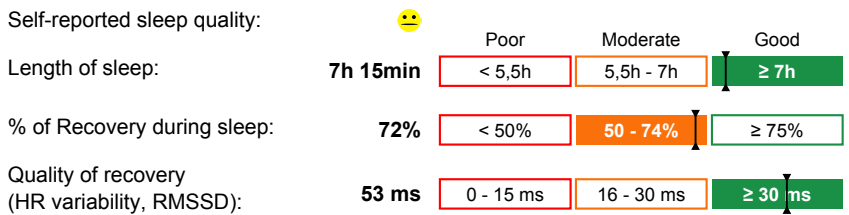
STRESS AND RECOVERY



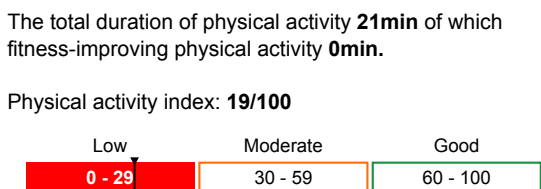
WORK



SLEEP



PHYSICAL ACTIVITY



ENERGY EXPENDITURE

