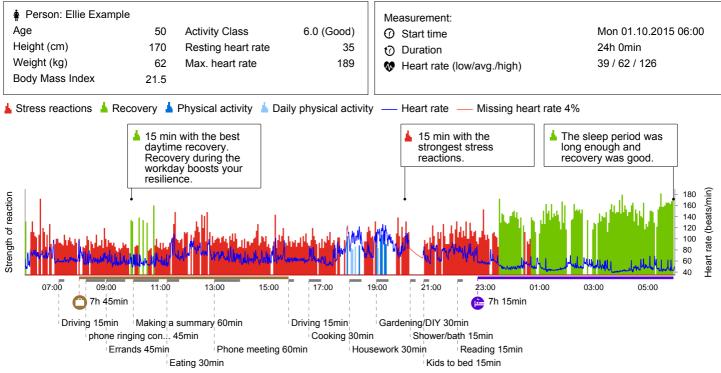
# LIFESTYLE ASSESSMENT



## **AND RECOVERY**

- Stress reactions (13h 6min)
- Recovery (5h 31min)

WORK

low

< 10 min

- Physical activity (21min)
- Daily physical activity (11min)
- Other state (4h 50min)

Length of work periods: 7h 45min

Amount of recovery during work: 11min



Good

≥ 30 min

		More than usual	Normal	Less than usual
🛓 % of Stress reactions (day & night):	55%	> 60%	40 - 60%	< 40 %
			•	
		Low	Moderate	Good
% of Recovery (day & night);	23%	< 20%	20 - 29%	> 30%

### C SLEEP

Self-reported sleep quality:	•	_		
		Poor	Moderate	Good
Length of sleep:	7h 15min	< 5,5h	5,5h - 7h	≥ 7h
% of Recovery during sleep:	72%	< 50%	50 - 74%	≥ 75%
Quality of recovery			-	-
(HR variability, RMSSD):	53 ms	0 - 15 ms	16 - 30 ms	≥ 30 ms
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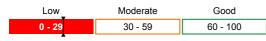
### **AND ACTIVITY**

The total duration of physical activity **21min** of which fitness-improving physical activity **0min**.

Moderate

10 - 29 min

#### Physical activity index: 19/100



ENERGY EXPENDITURE

Total energy expenditure:

#### 1604 kcal

- Physical activity 80 kcal
- Daily physical activity 109 kcal

Other 1415 kcal

16.10.2015 14:34 Www.firstbeat.fi/work-well-being