



Firstbeat Reports

Eddie Example

Provided by:

This report has been produced by Firstbeat Health (v 5.2.0.95)
27.06.2012 12:29
More information: www.firstbeat.fi/work-well-being

Analyzed by:



STRESS AND RECOVERY OVERVIEW

Page
1 (2)

Eddie Example

Measurement information:

Age (yrs) **34** Resting HR (beats/min) **38**
Height (in) **6' 0"** Max HR (beats/min) **188**
Weight (lb) **205** Body Mass Index (BMI) **27.8**
Activity class **7.0**

Day 1

Start time:
18.08.2011 07:00:01
Duration: **23h 27min**
HR: (low/avg/high)
39 / 57 / 135

Day 2

Start time:
19.08.2011 06:31:30
Duration: **26h 2min**
HR: (low/avg/high)
41 / 66 / 166

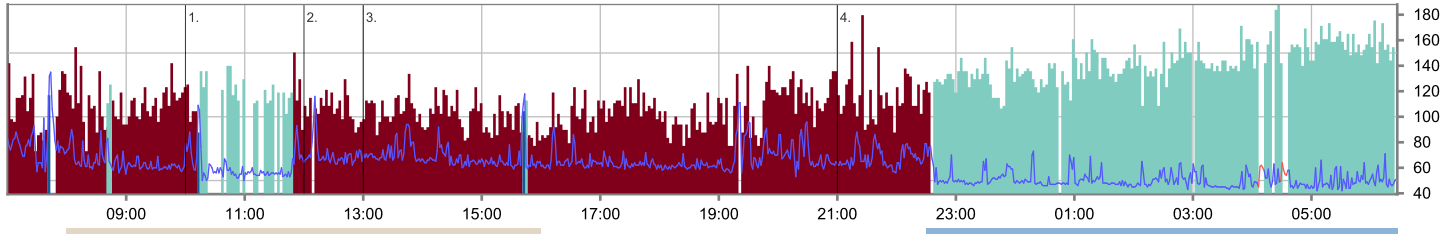
Day 3

Start time:
20.08.2011 08:33:33
Duration: **23h 19min**
HR: (low/avg/high)
43 / 70 / 167

Stress and Recovery Charts

Day 1 - Thursday 18.08.2011

Heart rate corrections **2%**



Journal Markers

- Meeting
- Eating
- Computer
- Computer

Result

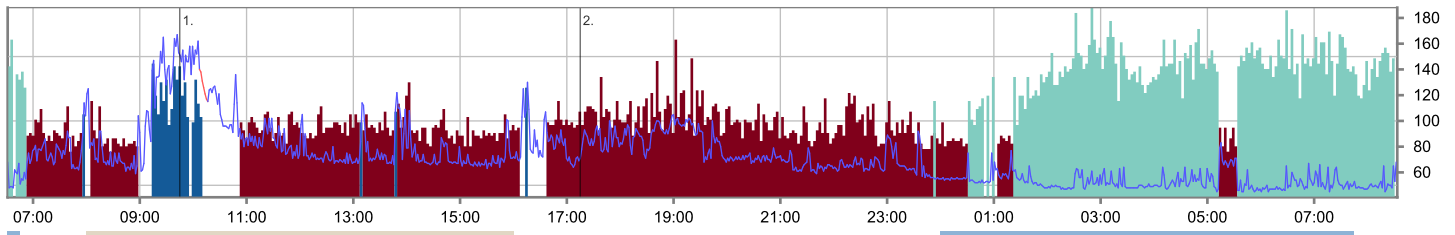
- 13h 30min (58%)
- 8h 18min (35%)
- 5min (0%)
- 1h 34min (7%)

Recommendation

- Less than 55%
- More than 30%

Day 2 - Friday 19.08.2011

Heart rate corrections **2%**



Journal Markers

- Light exercise
- Gardening/DIY

Result

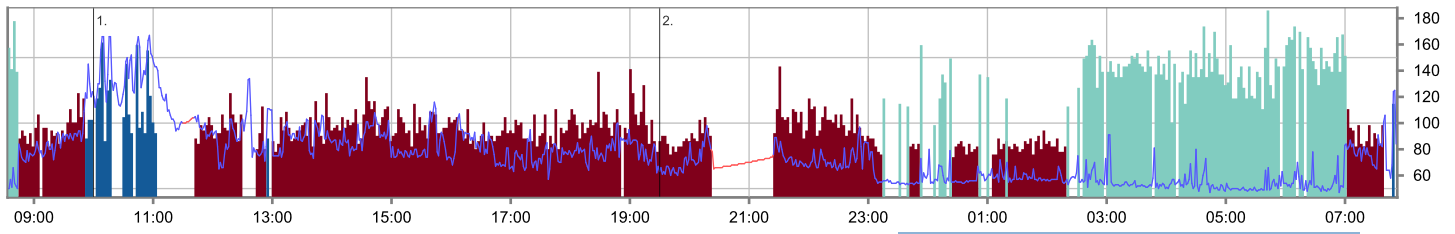
- 15h 28min (59%)
- 7h 19min (28%)
- 60min (4%)
- 2h 14min (9%)

Recommendation

- Less than 55%
- More than 30%

Day 3 - Saturday 20.08.2011

Heart rate corrections **6%**



Journal Markers

- Hard exercise
- TV

Result

- 13h 37min (58%)
- 4h 46min (20%)
- 1h 4min (5%)
- 3h 53min (17%)

Recommendation

- Less than 55%
- More than 30%

Work period
Stress reactions

Sleep period
Recovery

Heart rate
Physical activity

Corrected heart rate
Other physiological states

Provided by:

This report has been produced by Firstbeat Health (v 5.2.0.95)
27.06.2012 12:29
More information: www.firstbeat.fi/work-well-being

Analyzed by:



Additional information:

Day 1

Alcohol: **0 units**

Self-reported sleep:



Medication

-

Day 2

Alcohol: **0 units**

Self-reported sleep:



Medication

Burana 1*400mg

Day 3

Alcohol: **3 units**

Self-reported sleep:



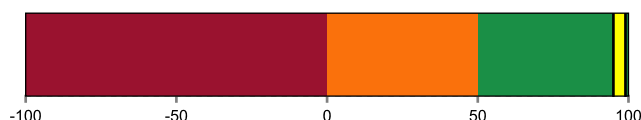
Medication

-

Overview of sleep

Day 1 - Thursday 18.08.2011

The balance of resources during sleep.

The resource index for the measurement is **97**.

The index is calculated based on the duration of stress and recovery reactions.

Your sleep time was **7h 57min**. It is recommended to sleep 7 hrs or more per night.

Quality of recovery during sleep.

0 - 19

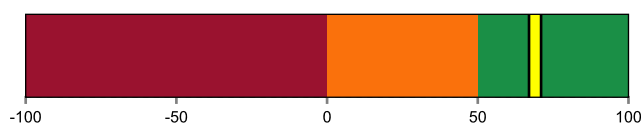
20 - 43

44 or more

Your sleep quality index based on heart rate variability (RMSSD) is **78 ms**. The average value for your age is 44 ms.

Day 2 - Friday 19.08.2011

The balance of resources during sleep.

The resource index for the measurement is **69**.

The index is calculated based on the duration of stress and recovery reactions.

Your sleep time was **7h 59min**. It is recommended to sleep 7 hrs or more per night.

Quality of recovery during sleep.

0 - 19

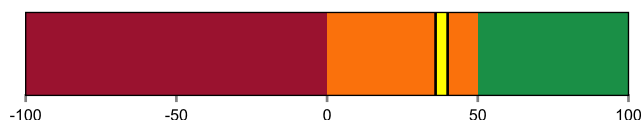
20 - 43

44 or more

Your sleep quality index based on heart rate variability (RMSSD) is **64 ms**. The average value for your age is 44 ms.

Day 3 - Saturday 20.08.2011

The balance of resources during sleep.

The resource index for the measurement is **38**.

The index is calculated based on the duration of stress and recovery reactions.

Your sleep time was **7h 45min**. It is recommended to sleep 7 hrs or more per night.

Quality of recovery during sleep.

0 - 19

20 - 43

44 or more

Your sleep quality index based on heart rate variability (RMSSD) is **57 ms**. The average value for your age is 44 ms.

Weak recovery



Moderate recovery



Good recovery

Provided by:

This report has been produced by Firstbeat Health (v 5.2.0.95)
27.06.2012 12:29
More information: www.firstbeat.fi/work-well-being

Analyzed by:



HEALTH PROMOTING PHYSICAL ACTIVITY OVERVIEW

Page
1 (2)

Eddie Example

Measurement information:

Age (yrs) **34** Resting HR (beats/min) **38**
Height (in) **6' 0"** Max HR (beats/min) **188**
Weight (lb) **205** Body Mass Index (BMI) **27.8**
Activity class **7.0**

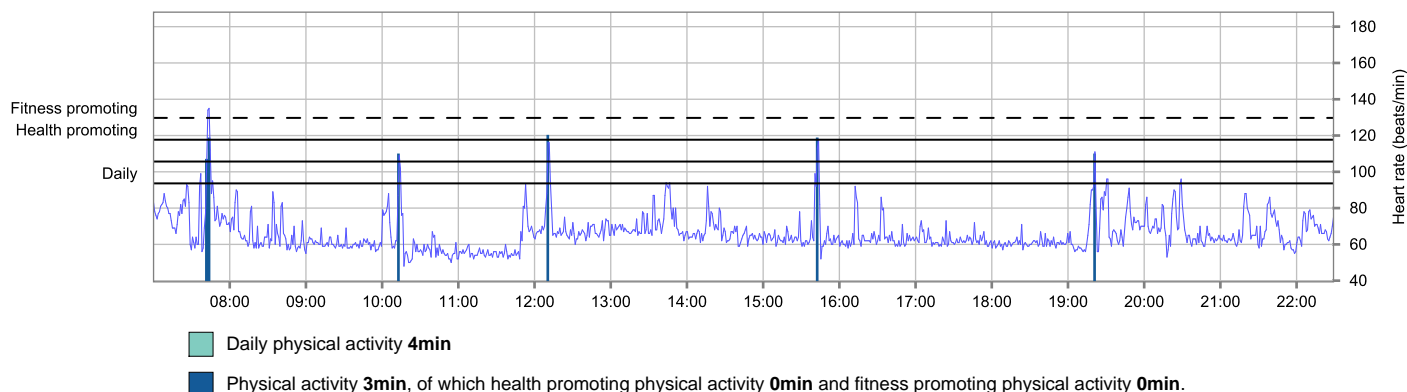
Day 1
Start time:
18.08.2011 07:00:01
Duration: **15h 30min**
HR: (low/avg/high)
39 / 57 / 135

Day 2
Start time:
19.08.2011 06:45:00
Duration: **25h 49min**
HR: (low/avg/high)
41 / 66 / 166

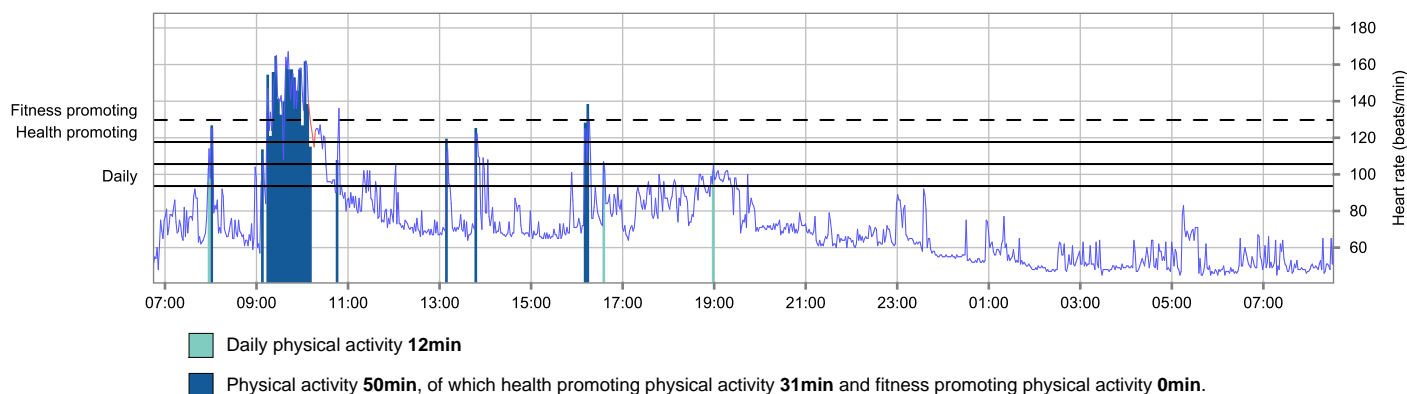
Day 3
Start time:
20.08.2011 08:33:33
Duration: **23h 19min**
HR: (low/avg/high)
43 / 70 / 167

Health Promoting Physical Activity Charts

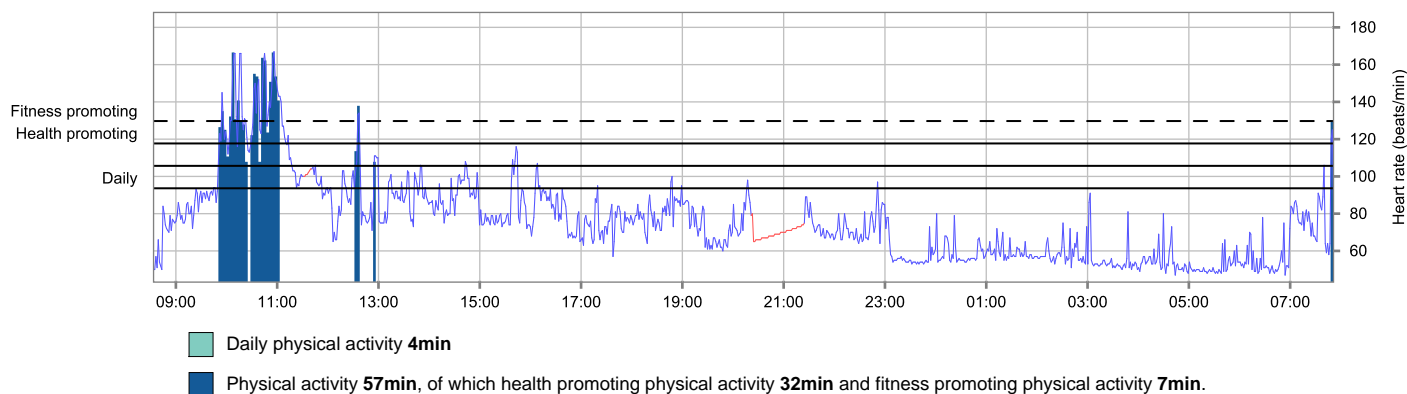
Day 1 - Thursday 18.08.2011



Day 2 - Friday 19.08.2011



Day 3 - Saturday 20.08.2011



— Heart rate — Corrected heart rate

Provided by:

This report has been produced by Firstbeat Health (v 5.2.0.95)
27.06.2012 12:29
More information: www.firstbeat.fi/work-well-being

Analyzed by:





Physical Activity Index

In order to achieve a GOOD score, you should perform approximately 30 mins of health promoting (moderate intensity) physical activity. Physical activity performed at light to moderate intensity or < 30 mins will result in a MODERATE to POOR score.

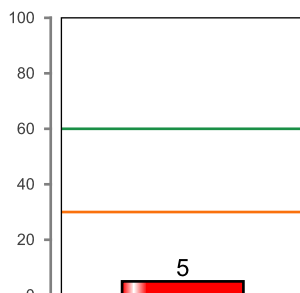


Energy expenditure during physical activity

The energy expenditure value indicates the consumed energy (kcal) during physical activity above basal energy expenditure. The recommended levels shown in the figure are determined based on body weight.

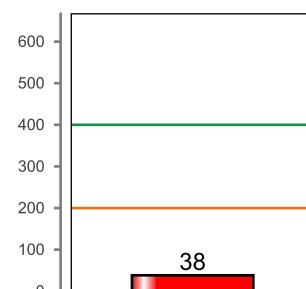
Health Effects and Energy Expenditure

Day 1 - Thursday 18.08.2011



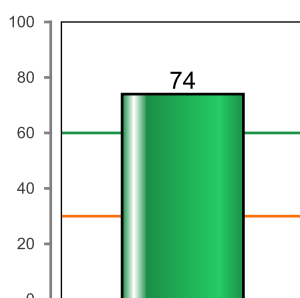
Physical Activity Index

GOOD
MODERATE
POOR



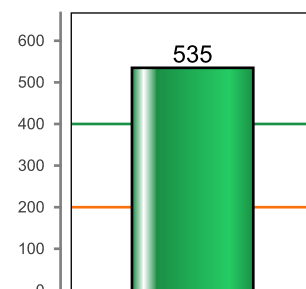
Energy expenditure during physical activity (kcal)

Day 2 - Friday 19.08.2011



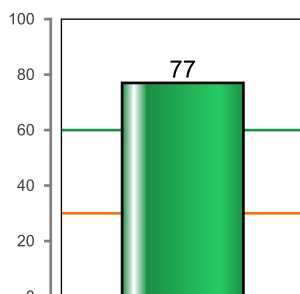
Physical Activity Index

GOOD
MODERATE
POOR



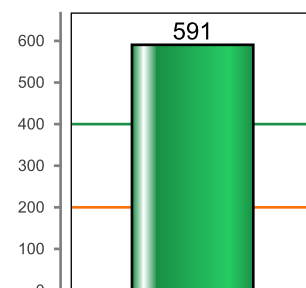
Energy expenditure during physical activity (kcal)

Day 3 - Saturday 20.08.2011



Physical Activity Index

GOOD
MODERATE
POOR



Energy expenditure during physical activity (kcal)



Definite positive effects.



Some positive effects.



Not enough positive effects.

Provided by:

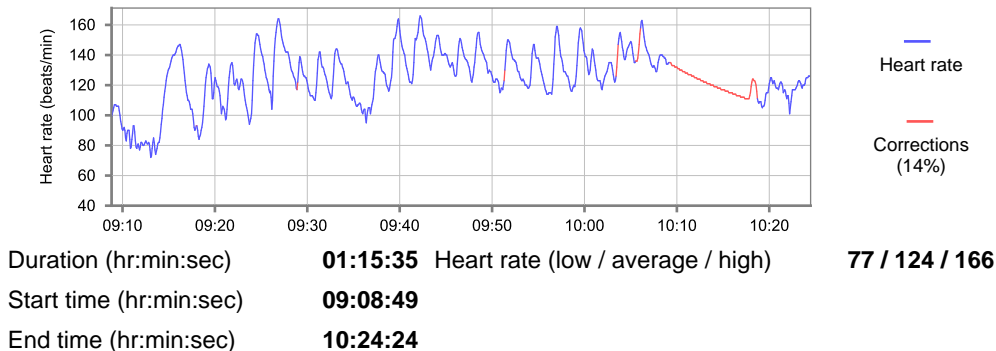
This report has been produced by Firstbeat Health (v 5.2.0.95)
27.06.2012 12:29
More information: www.firstbeat.fi/work-well-being

Analyzed by:



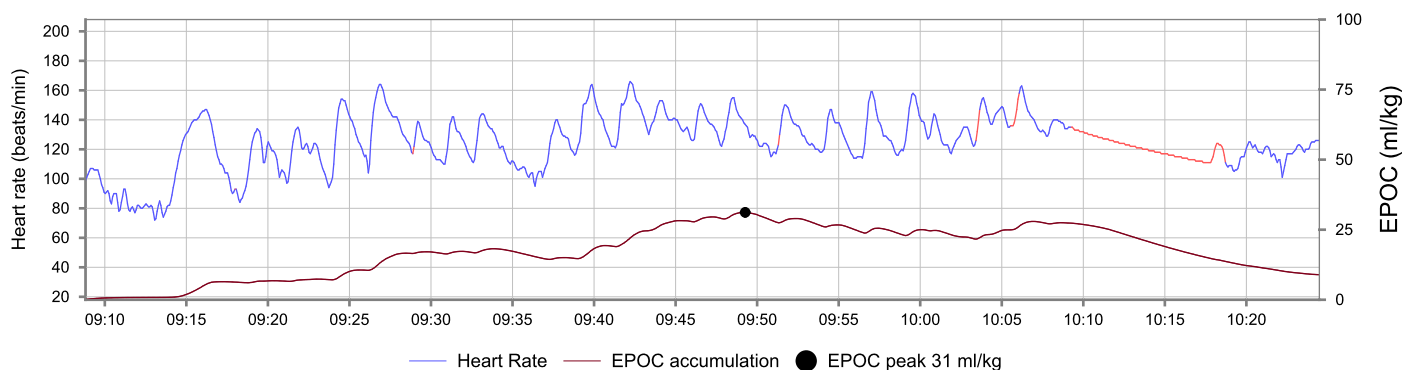
Eddie Example

Age (yrs) **34**
Height (in) **6' 0"**
Weight (lb) **205**
Resting heart rate (beats/min) **38**
Max heart rate (beats/min) **188**
Body Mass Index (BMI) **27.8**
Activity class **7.0**



EPOC and training effect chart

EPOC (ml/kg) accumulation during the measurement. The effect of training on maximal aerobic power (VO₂max) is based on the EPOC peak.



Training Effect: Maintaining fitness

Exercise key figures

2.2



Benefits: This workout maintains cardiorespiratory fitness and builds a foundation for better fitness and harder training in the future.
Recommended: For all as an essential part of any training program.

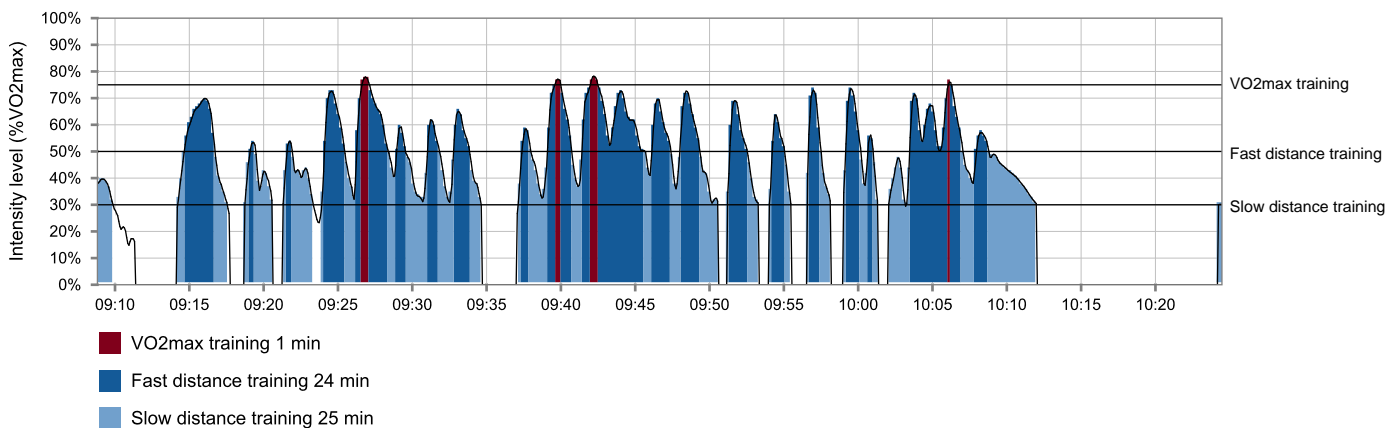
EPOC 31 ml/kg
TRIMP 90 TRIMP
Energy Expenditure 645 Kcal



EPOC (Excess Post-exercise Oxygen Consumption) is a physiological measure of training load. The amount of EPOC achieved during exercise is directly proportional to the training load and recovery required.
TRIMP (Training Impulse) is a measure of quantifying training load and it accumulates during the workout as a function of time and intensity level.

Training classification

Classification of the exercise to different endurance training types.



Provided by:

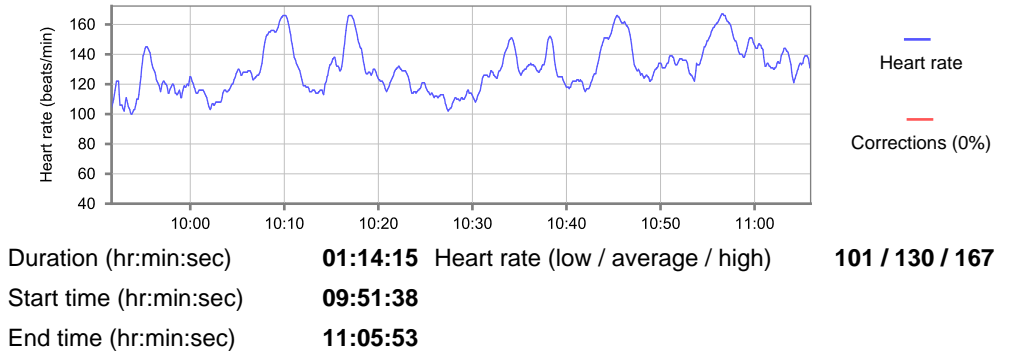
This report has been produced by Firstbeat Health (v 5.2.0.95)
27.06.2012 12:29
More information: www.firstbeat.fi/work-well-being

Analyzed by:



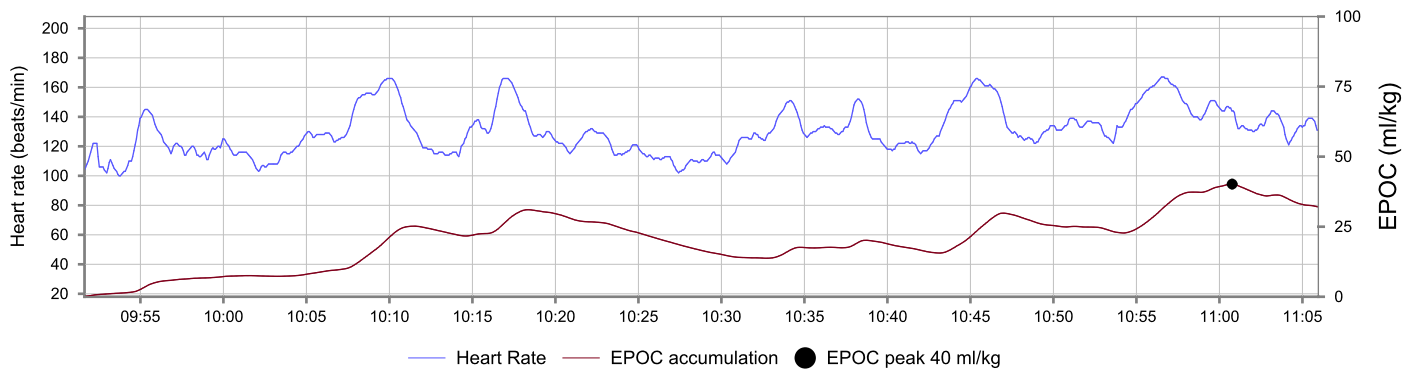
Eddie Example

Age (yrs) **34**
Height (in) **6' 0"**
Weight (lb) **205**
Resting heart rate (beats/min) **38**
Max heart rate (beats/min) **188**
Body Mass Index (BMI) **27.8**
Activity class **7.0**



EPOC and training effect chart

EPOC (ml/kg) accumulation during the measurement. The effect of training on maximal aerobic power (VO₂max) is based on the EPOC peak.



Training Effect: Maintaining fitness

2.5



Benefits: This workout maintains cardiorespiratory fitness and builds a foundation for better fitness and harder training in the future.
Recommended: For all as an essential part of any training program.

Exercise key figures

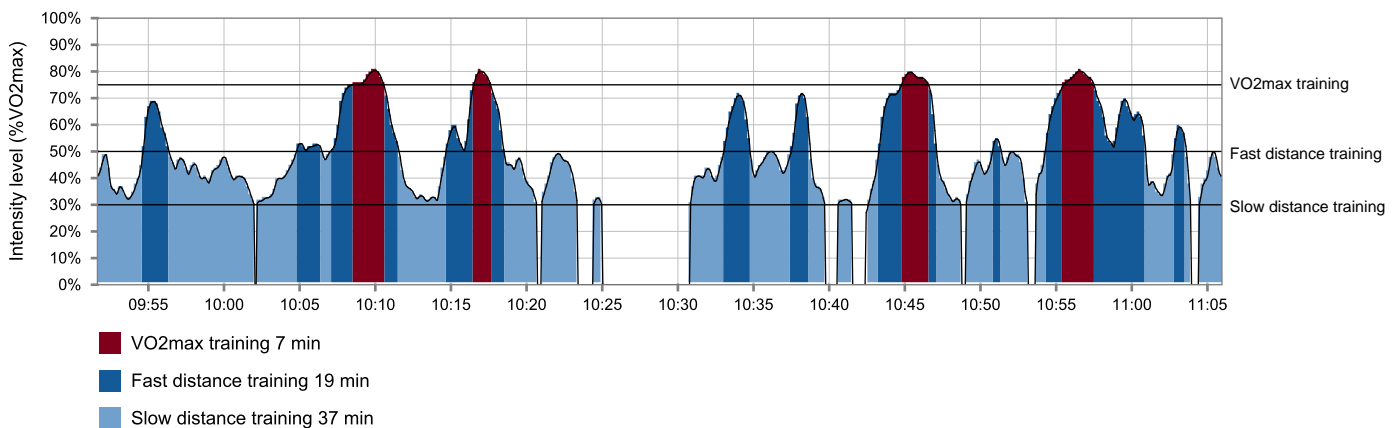
EPOC 40 ml/kg
TRIMP 101 TRIMP
Energy Expenditure 734 Kcal



EPOC (Excess Post-exercise Oxygen Consumption) is a physiological measure of training load. The amount of EPOC achieved during exercise is directly proportional to the training load and recovery required.
TRIMP (Training Impulse) is a measure of quantifying training load and it accumulates during the workout as a function of time and intensity level.

Training classification

Classification of the exercise to different endurance training types.



Provided by:

This report has been produced by Firstbeat Health (v 5.2.0.95)
27.06.2012 12:29
More information: www.firstbeat.fi/work-well-being

Analyzed by:



Eddie Example

Measurement information:

Day 1 (18.08.2011) 07:00

Duration 23h 27min

Day 2 (19.08.2011) 06:31

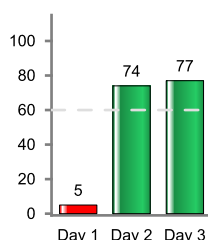
Duration 26h 2min

Day 3 (20.08.2011) 08:33

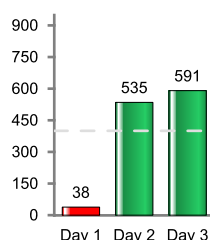
Duration 23h 19min

Age (yrs) **34**
Height (in) **6' 0"**
Weight (lb) **205**
Resting heart rate (beats/min) **38**
Max heart rate (beats/min) **188**
Body Mass Index (BMI) **27.8**
Activity class **7.0**

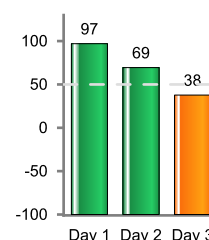
Physical activity index



Energy expenditure during physical activity (kcal)



Resource index during sleep



— Recommendation Good Moderate Poor

Physiological Reactions During Work Periods

These reactions occurred during the time that was marked as work in the journal.

	Good	Moderate	Poor	Your result
Average daily physical activities	> 10 min	6 - 10 min	0 - 5 min	44min
Average recovery reactions	30 min or more	15 - 29 min	0 - 14 min	29min

The longest relaxation period during work was 8min (on 18.08.2011 10:16 - 10:25)

Physiological Reactions During Leisure Time

These reactions occurred during the time that was not marked as work or sleep in the journal.

	Good	Moderate	Poor	Your result		
Average health promoting physical activity	> 20 min	11 - 20 min	0 - 10 min	11min		
Effect of the most demanding physical activity on fitness improvement (On 20.08.2011)	Overreaching	Highly improving effect	Improving effect	Maintaining effect	Minor effect	Maintaining effect (2.4)
	5	4	3	2	1	
Average recovery reactions	Good	Moderate	Poor			
	60 min or more	15 - 59 min	0 - 14 min	23min		
The longest relaxations period was 23min (on 20.08.2011 07:49 - 08:12)						
Average energy expenditure during physical activity.	400 kcal or more	200 - 399 kcal	0 -199 kcal	388 kcal		

Physiological Reactions During Sleep Periods

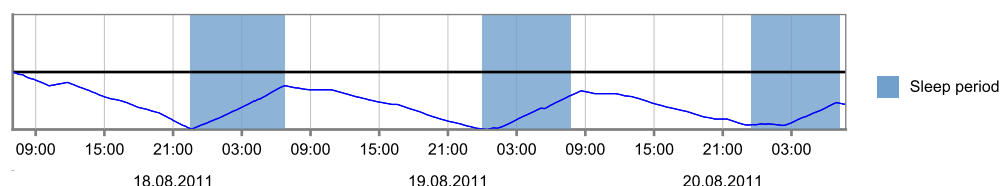
These reactions occurred during the time that was marked as sleep in the journal.

	Good	Moderate	Poor	Your result
Average resource index	50 - 100	0 - 49	-100 - -1	68
Average quality of recovery (RMSSD)	40 or more	20 - 39	0 - 19	66
Average time used for sleeping	> 7 h	5,5 - 7 h	0 - 5,5 h	7h 54min

Average recovery reactions during the sleep periods was 6h 6min.

Body Resources

The effect of stress and recovery on the body's resources. When the line goes down, this indicates the use of the body's resources. When the line goes up, this indicates the replenishment of the body's resources.



Provided by:

This report has been produced by Firstbeat Health (v 5.2.0.95)
27.06.2012 12:29
More information: www.firstbeat.fi/work-well-being

Analyzed by:



DEFINITIONS OF TERMINOLOGY



Stress and Recovery

Stress reactions means an increased level of physiological activation and alertness caused by either internal or external stressors. Stress is not entirely a negative phenomenon but instead can be considered a positive resource.

Recovery is a lowered level of physiological activation caused by a decrease or absence of stressors.

Physical Activity means time periods during which the intensity is greater than 30% of one's maximal capacity.

Other physiological states mean time periods that are not detected as physical activity, stress or recovery (white areas in the chart). For example, measurement breaks and recovery from physical activity are detected as other physiological states.

The resource index is calculated from the duration of stress and recovery reactions during sleep. The index gets a negative value (red zone) if the amount of stress during sleep is greater than the amount of recovery. When > 75% of sleep time is recovery, the index is located in the green zone.

The sleep quality is based on RMSSD, which is a measure of heart rate variability. Low values of RMSSD during sleep indicate poor recovery and higher values indicate enhanced recovery. The average RMSSD value should be 20 ms or greater during sleep.

Physical Activity

Daily physical activity means time periods of very light activity during which the intensity is 20-30% of one's maximal capacity.

Health promoting physical activity means time periods during which the intensity is moderate & greater than 40% of one's maximal capacity, with positive health effects.

Fitness promoting physical activity means time periods during which the intensity is greater than 50% of one's maximal capacity, with positive health and fitness effects.

Physical activity recommendations: Aerobic physical activity should be performed at moderate intensity for at least 2½ hours a week, or at vigorous intensity for at least 1 hour and 15 minutes a week, or an equivalent combination of moderate- and vigorous-intensity activity. This recommendation is for the healthy adult to maintain health and reduce the risk for chronic disease. (Source: American College of Sports Medicine 2008).

Effects of physical activity on health: Regular physical activity promotes health and prevents illnesses. Even short increases in physical activity improve cardiorespiratory fitness and promote health. In addition, energy expenditure is higher and blood pressure is lower for several hours after the physical activity. Both light and hard physical activity is required for better fitness.



GOALS

Please, set some concrete and realistic goals for making changes in your lifestyle.

Work

- ☐ I will take regular breaks and won't deal with work tasks during the breaks.
- ☐ I will remember to drink and eat regularly and healthily, even when I'm busy.
- ☐ I will set a realistic work schedule / won't promise to do things that I don't have time to do.
- ☐ I will draw attention to ergonomics: e.g. correct posture and the possibility to use assistive devices.
- ☐ I will value my leisure time / set a "no-later-than" time for leaving work.

Leisure time

- ☐ I will engage in recovery activities that I feel work best for me (e.g. relaxation techniques, watching TV, reading).
- ☐ I will remember to spend time with people who are close to me, even when I'm busy.
- ☐ I will reduce my alcohol consumption.
- ☐ I won't pile up too much activity for leisure time, but will also leave room for recovery.
- ☐ I will lose weight by ____ kg/month OR ____ kg by _____. ____ 20_____.
- ☐ I will attempt to engage in physical activity/exercise at least ____ times per week.
- ☐ I will continue to engage in my hobbies because positive experiences enhance my well-being.
- ☐ I will draw special attention to recovery activities on weekends and holidays.
- ☐ I will learn to say "No".
- ☐ I will increase my amount of daily activity, e.g. by taking the stairs instead of the lift, and walking/biking whenever possible.
- ☐ I will maintain a regular meal rhythm (2-3 meals + 1-3 snacks per day).
- ☐ I will pay attention to the quality of what I eat; e.g. avoid products that contain excessive fats, sugar or salt.
- ☐ I will stop smoking / chewing tobacco.

Night and sleeping

- ☐ I will avoid high-intensity exercise late at night.
- ☐ I will avoid heavy meals just before bedtime.
- ☐ I won't think about or do stressful tasks just before bedtime (e.g. work / e-mail).
- ☐ I will attempt to go to bed early enough to get enough sleep (app. 7-8 hrs).
- ☐ I will engage in activities that I find relaxing and help me to fall asleep (reading, listening to music, making love, gentle stretching, etc.)

Notes

Provided by:

This report has been produced by Firstbeat Health (v 5.2.0.95)
27.06.2012 12:29
More information: www.firstbeat.fi/work-well-being

Analyzed by:

