



# Firstbeat Lifestyle Assessment

**Shorombo Mooij**

# PRE-QUESTIONNAIRE REPORT











Profile

Shorombo Mooij

Measurement start date

12.06.2018

## 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.  Completely agree
- I feel that my alcohol consumption is not excessive.  Completely agree
- I don't generally feel stressed.  Completely disagree
- My days include breaks that allow me to recover.  Partially disagree
- I usually feel rested and energetic.  Partially disagree
- I feel that I sleep enough.  Completely disagree
- I feel that I can influence the things that affect my health.  Completely agree
- In my opinion, I feel well at the moment.  Partially disagree



**Scale of answers:**

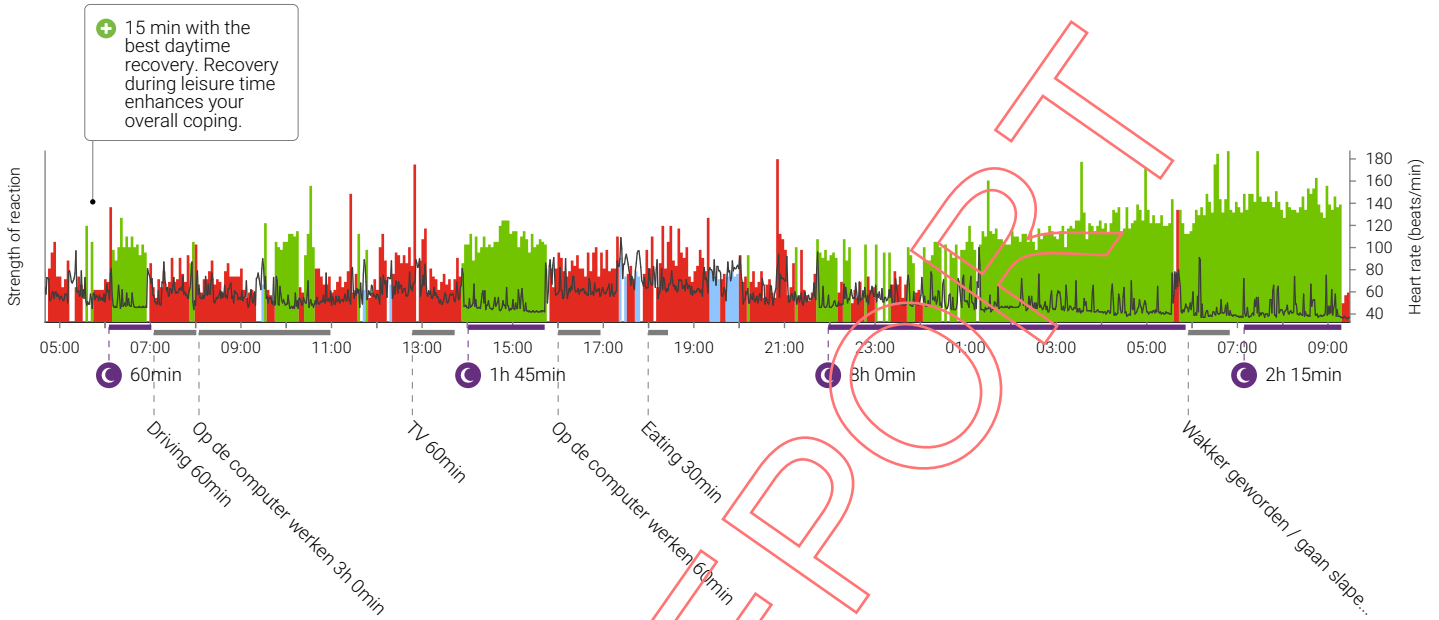
- Completely agree*
- Partially agree*
- Cannot say*
- Partially disagree*
- Completely disagree*

TEST REPORT

# LIFESTYLE ASSESSMENT

<b>Person:</b> Shorombo Mooij				<b>Measurement:</b>	
Age	36	Activity Class	6.0 (Good)	Start time	Tue 12.06.2018 04:40
Height (cm)	178	Resting heart rate	33	Duration	28h 49min
Weight (kg)	76	Max. heart rate	187	Heart rate (low/avg./high)	36 / 50 / 107
Body Mass Index	24.0				

● Stress 
 ● Recovery 
 ● Vigorous & moderate physical activity 
 ● Light physical activity 
 — Heart rate 
 — Missing heart rate 0%



## STRESS AND RECOVERY

**STRESS AND RECOVERY BALANCE**

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

**99/100** Stress and recovery balance was good.

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**AMOUNT OF STRESS REACTIONS** **12h 12min**

≤ 60% Normal | > 60% More than usual **42%**

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**AMOUNT OF RECOVERY (day & night)** **12h 38min**

< 20% Low | 20 - 29% Moderate | ≥ 30% Good **44%**

+ A lot of recovery during the daytime (2h 29min).

## SLEEP

**RESTORATIVE EFFECT OF SLEEP**

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

**100/100** The sleep period was long enough and recovery was good.

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**LENGTH OF SLEEP** **13h 0min (Good)**

**AMOUNT OF RECOVERY DURING SLEEP** **10h 9min**

< 50% Low | 50 - 74% Moderate | ≥ 75% Good **78%**

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**QUALITY OF RECOVERY (Heart rate variability)**

0 - 20 ms Low | 21 - 41 ms Moderate | ≥ 42 ms Good **106 ms**

**SELF-REPORTED SLEEP QUALITY** 😊😊😊😊😊

## PHYSICAL ACTIVITY

**HEALTH EFFECTS OF PHYSICAL ACTIVITY**

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

**13/100** Minor health effects

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**DURATION OF PHYSICAL ACTIVITY**

Light	Moderate	Vigorous
58min	0min	0min

## ENERGY EXPENDITURE

**TOTAL ENERGY EXPENDITURE**

**2566 kcal**

- Vigorous & moderate physical activity 0 kcal
- Light physical activity 219 kcal
- Other 2347 kcal

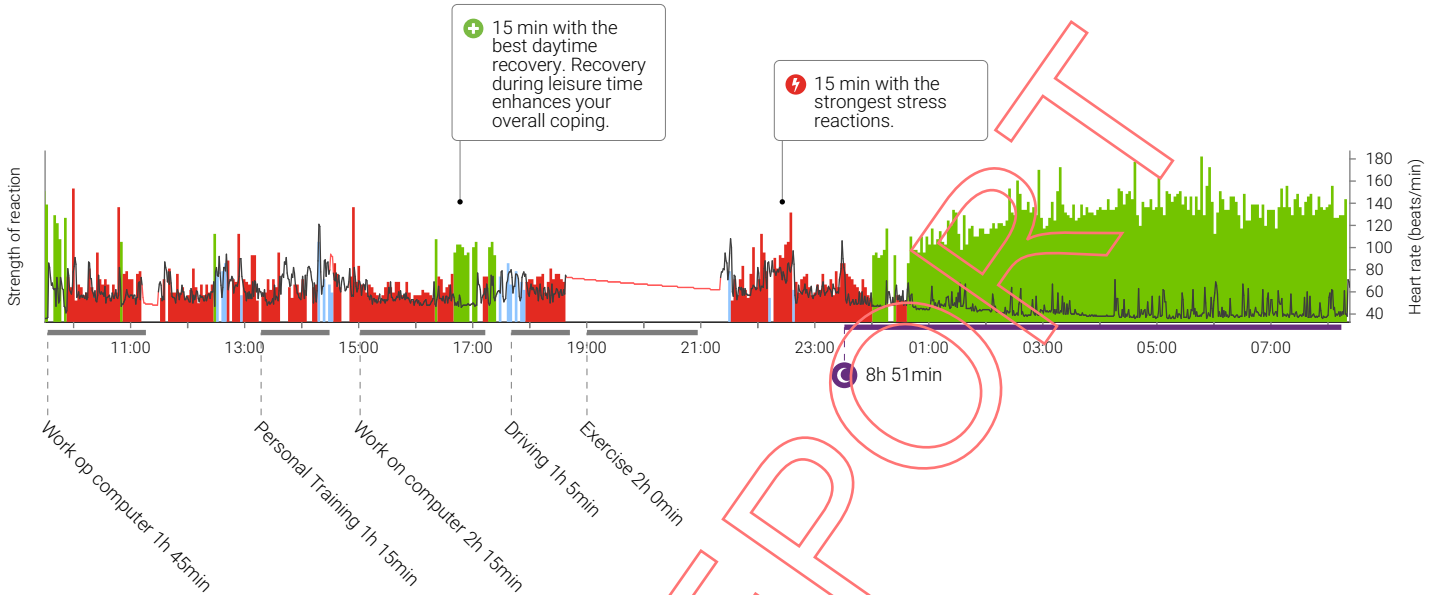
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**STEPS** **3241** 👤

# LIFESTYLE ASSESSMENT

Person: Shorombo Mooij Age 36    Activity Class 6.0 (Good) Height (cm) 178    Resting heart rate 33 Weight (kg) 76    Max. heart rate 187 Body Mass Index 24.0				Measurement: ⌚ Start time Wed 13.06.2018 09:30 ⌚ Duration 22h 54min ❤️ Heart rate (low/avg./high) 35 / 52 / 121	
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● Stress    ● Recovery    ● Vigorous & moderate physical activity    ● Light physical activity    ~ Heart rate    ~ Missing heart rate 16%



## STRESS AND RECOVERY

**STRESS AND RECOVERY BALANCE**

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

**93 / 100** Stress and recovery balance was good.

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**AMOUNT OF STRESS REACTIONS** **8h 15min**

≤ 60% Normal    > 60% More than usual    **36%**

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**AMOUNT OF RECOVERY (day & night)** **8h 29min**

< 20% Low    20 - 29% Moderate    ≥ 30% Good    **37%**

+ A moderate amount of recovery during the daytime (43min).

## SLEEP

**RESTORATIVE EFFECT OF SLEEP**

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

**100 / 100** The sleep period was long enough and recovery was good.

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**LENGTH OF SLEEP** **8h 51min (Good)**

**AMOUNT OF RECOVERY DURING SLEEP** **7h 46min**

< 50% Low    50 - 74% Moderate    ≥ 75% Good    **88%**

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**QUALITY OF RECOVERY (Heart rate variability)**

0 - 20 ms Low    21 - 41 ms Moderate    ≥ 42 ms Good    **115 ms**

**SELF-REPORTED SLEEP QUALITY** 😊 😐 😞 😄 😁

## PHYSICAL ACTIVITY

**HEALTH EFFECTS OF PHYSICAL ACTIVITY**

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

**8 / 100** Minor health effects

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**DURATION OF PHYSICAL ACTIVITY**

Light	Moderate	Vigorous
40min	0min	0min

## ENERGY EXPENDITURE

**TOTAL ENERGY EXPENDITURE**

**2072 kcal**

- Vigorous & moderate physical activity 0 kcal
- Light physical activity 143 kcal
- Other 1929 kcal

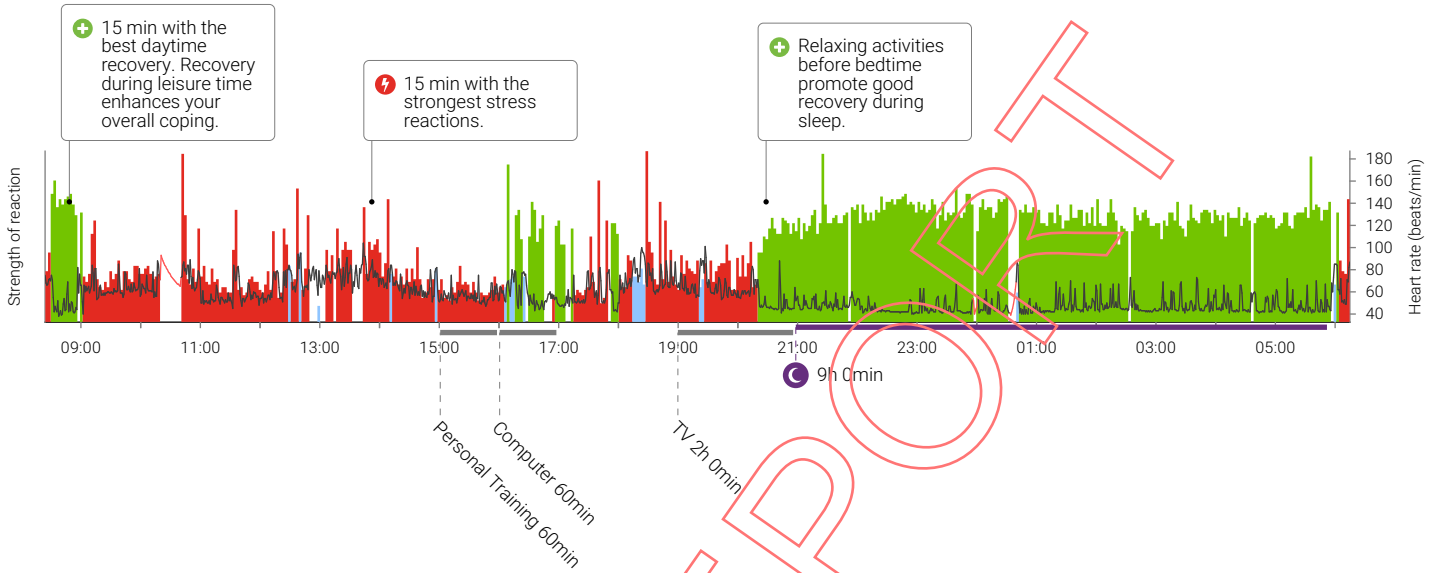
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**STEPS** **3513** 👤

# LIFESTYLE ASSESSMENT

Person: Shorombo Mooij Age 36    Activity Class 6.0 (Good) Height (cm) 178    Resting heart rate 33 Weight (kg) 76    Max. heart rate 187 Body Mass Index 24.0				Measurement: Start time Thu 14.06.2018 08:24 Duration 21h 52min Heart rate (low/avg./high) 38 / 52 / 100	
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● Stress    ● Recovery    ● Vigorous & moderate physical activity    ● Light physical activity    ~ Heart rate    ~ Missing heart rate 3%



## STRESS AND RECOVERY

**STRESS AND RECOVERY BALANCE**

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

**100/100** Stress and recovery balance was good.

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**AMOUNT OF STRESS REACTIONS** **8h 37min**

≤ 60% Normal    > 60% More than usual    **39%**

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**AMOUNT OF RECOVERY (day & night)** **9h 53min**

< 20% Low    20 - 29% Moderate    ≥ 30% Good    **45%**

+ A lot of recovery during the daytime (1h 45min).

## SLEEP

**RESTORATIVE EFFECT OF SLEEP**

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

**100/100** The sleep period was long enough and recovery was good.

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**LENGTH OF SLEEP** **9h 0min (Good)**

**AMOUNT OF RECOVERY DURING SLEEP** **8h 7min**

< 50% Low    50 - 74% Moderate    ≥ 75% Good    **90%**

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**QUALITY OF RECOVERY (Heart rate variability)**

0 - 20 ms Low    21 - 41 ms Moderate    ≥ 42 ms Good    **113 ms**

**SELF-REPORTED SLEEP QUALITY** 😊 😊 😊 😊 😊

## PHYSICAL ACTIVITY

**HEALTH EFFECTS OF PHYSICAL ACTIVITY**

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

**8/100** Minor health effects

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**DURATION OF PHYSICAL ACTIVITY**

Light	Moderate	Vigorous
45min	0min	0min

## ENERGY EXPENDITURE

**TOTAL ENERGY EXPENDITURE**

**2088 kcal**

- Vigorous & moderate physical activity 0 kcal
- Light physical activity 171 kcal
- Other 1916 kcal

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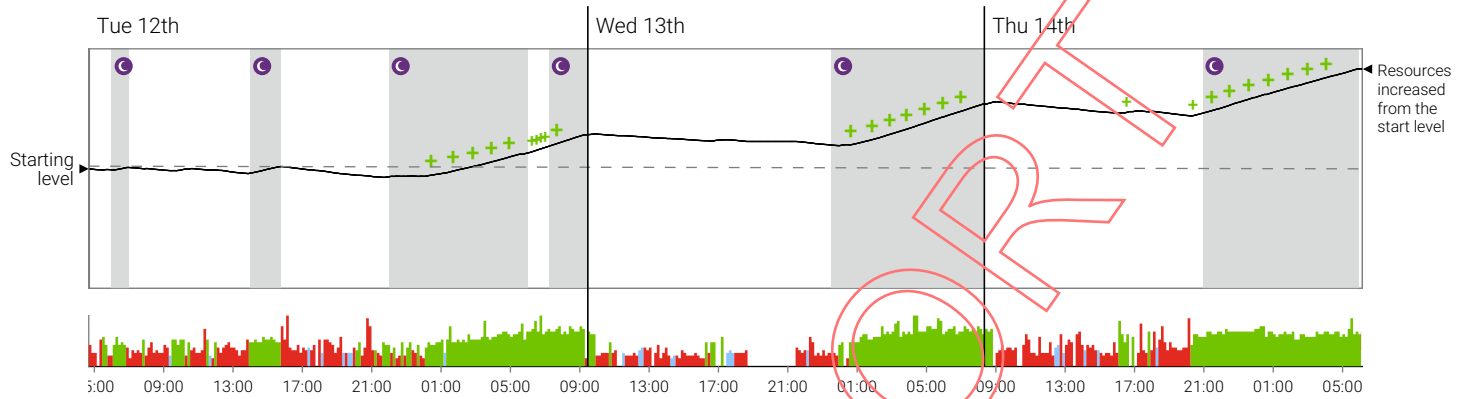
**STEPS** **3149** 👤

# LIFESTYLE ASSESSMENT SUMMARY

<p>Person: Shorombo Mooij</p> <p>Age 36    Activity Class 6.0 (Good)</p> <p>Height (cm) 178    Resting heart rate 33</p> <p>Weight (kg) 76    Max. heart rate 187</p> <p>Body Mass Index 24.0</p>	<p>Assessment: 12.06.2018 - 14.06.2018</p> <p>Additional information:</p> <p>Missing heart rate: Wed 13th (17%)</p>
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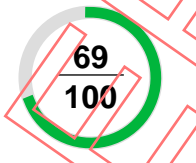
## BODY RESOURCES

↗ Resources increase    ↘ Resources decrease    + Significant recovery period    ● Stress    ● Recovery    ● Vigorous & moderate physical activity    ● Light physical activity



## LIFESTYLE ASSESSMENT SCORE

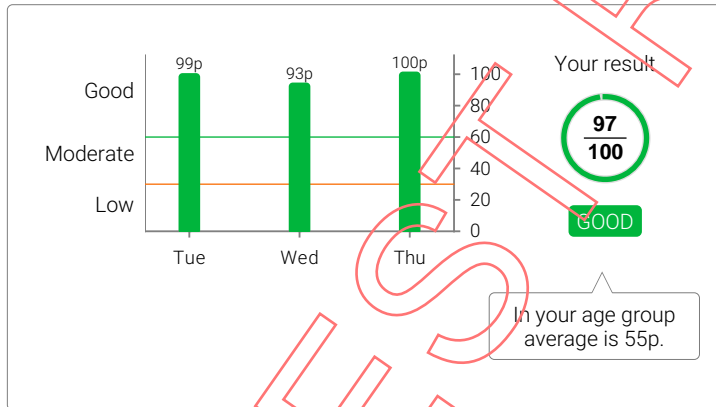
The score is based on your combined stress and recovery, sleep and physical activity result. By improving these areas, you can promote your well-being and improve your Lifestyle Assessment score.



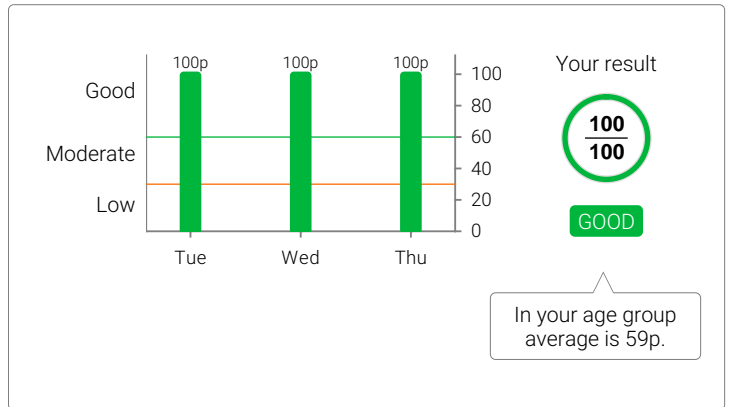
- 85 - 100p Excellent
- 60 - 84p **Good**
- 30 - 59p Moderate
- 15 - 29p Low
- 0 - 14p Very low

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

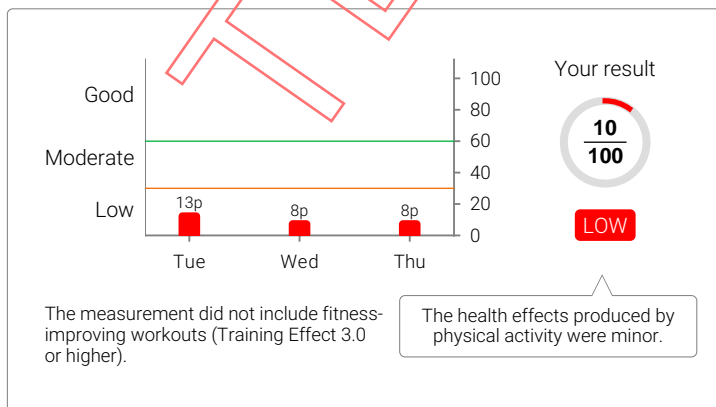
## STRESS AND RECOVERY BALANCE



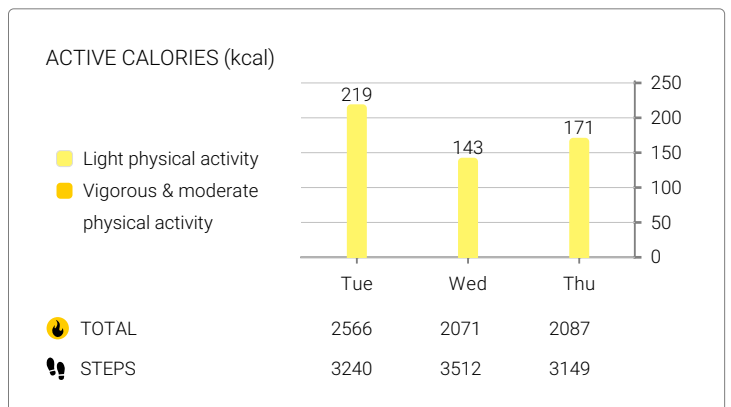
## RESTORATIVE EFFECT OF SLEEP



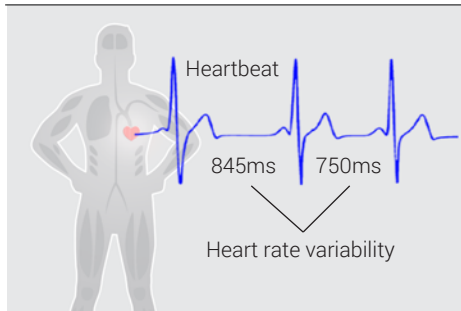
## HEALTH EFFECTS OF PHYSICAL ACTIVITY



## ENERGY EXPENDITURE

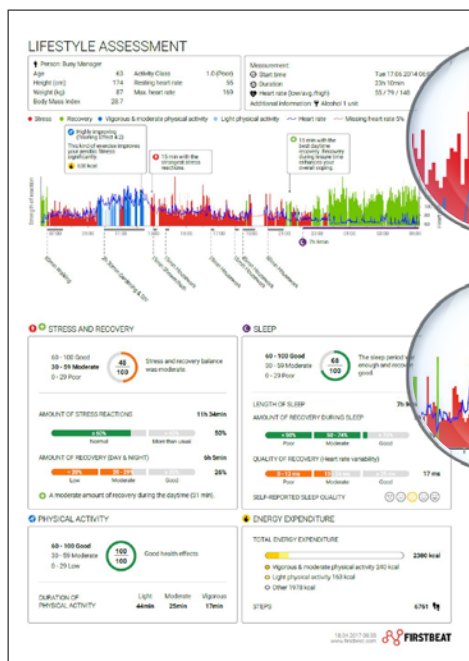


# WHAT DOES THE LIFESTYLE ASSESSMENT MEASURE?

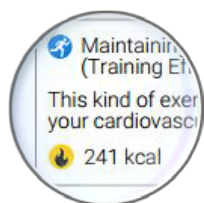


The Lifestyle assessment will help you **manage stress, recover better and exercise right**. The assessment is based on analysis of heart rate variability (HRV).

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.

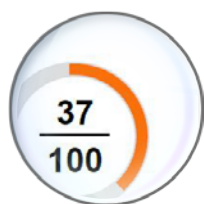


- **STRESS REACTION** means an elevated activation level in the body. The reaction can be positive or negative. On average, there are 50% of stress reactions in a 24-hour period.\*
- **RECOVERY** means a calming down of the body. Important recovery periods include sleep and peaceful moments during the 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

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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 \_\_\_\_\_ 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 2 kg.
- I will remember to drink and eat regularly, even when I'm busy.

## Own goals

- Ik wil betere kwaliteit slaap
- Weer op een normaal stresslevel komen
- Weer kunnen gaan sporten