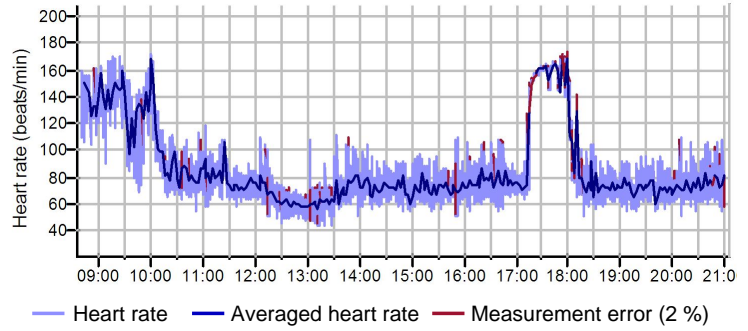


Daily Stress Report

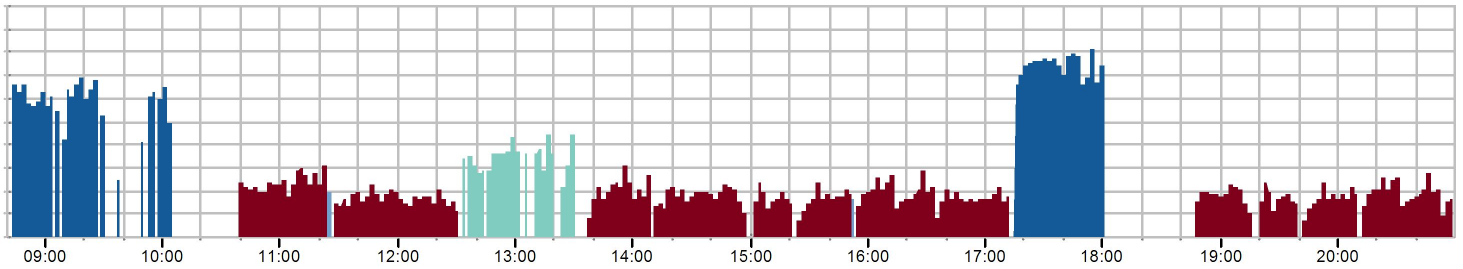
Person: Jane Athlete

Date: 10.11.2005

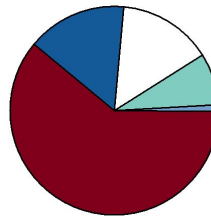
Background information		Measurement information	
Age	26	Measurement length	12:18:38
Height (cm)	168	Measurement time	8:40:51 - 20:59:29
Weight (kg)	55	Lowest heart rate	58
Resting heart rate	48	Highest heart rate	172
Maximum heart rate	192	Average heart rate	87



Stress and recovery chart



	Duration	Proportion
Stress reactions	7h 31min	(61%)
Recovery	1h	(8%)
Physical activity	1h 53min	(15%)
Light physical activity	7 min	(1%)
Other events	1h 48min	(15%)



Stress reactions, recovery, physical activity and other events during the measurement.

Stress reactions (stress)

Increased level of activation caused by external or internal stressors.

Recovery

Decreased level of activation and calming down caused by an absence or reduction of external or internal stressors.

Physical activity

Physical activity with intensity >30% VO2max

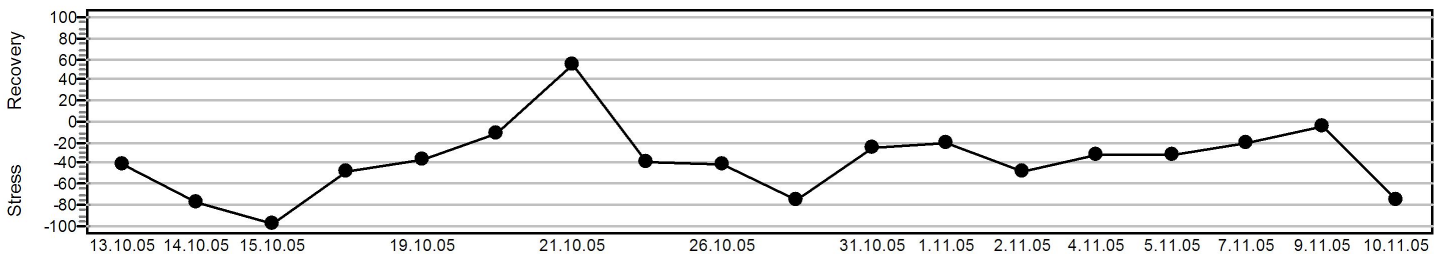
Light physical activity

Physical activity below the level of actual physical activity

Other events

States that do not refer to stress, recovery, physical activity or recovery from physical activity.

Resource follow-up



A ratio between stress and recovery reactions during the measurement. During this measurement the ratio describing your resources was -77.



After a hard workout a stress state is normally present, but stress can also be caused by factors other than physical training. Recovery can be promoted with well-planned activities before the next workout, such as naps, relaxation activities and proper nutrition and fluid balance. The effect of other stressors, such as travel, heat, high altitude, jet lag and psychological stressors should be known and taken into account when planning training.