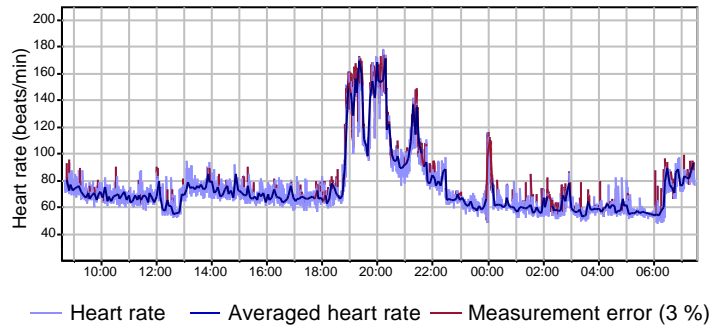


Resources and Recovery Report

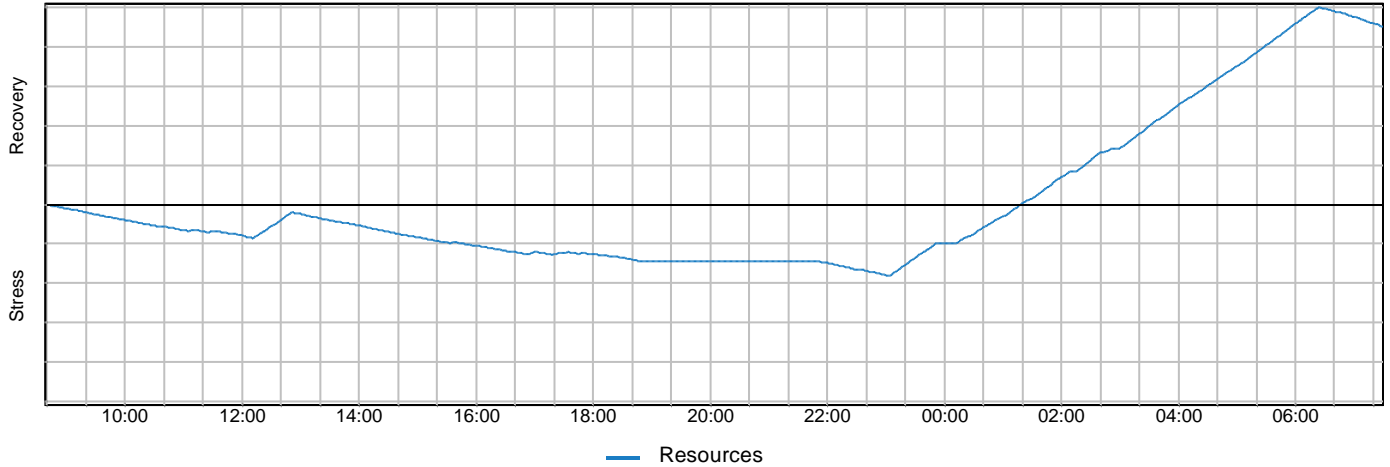
Person: Example Ellie

Date: 14.11.2009


Background information		Measurement information	
Age	37	Measurement length	22:50:52
Height (cm)	168	Measurement time	8:38:41 - 7:29:33
Weight (kg)	65	Lowest heart rate	51
Resting heart rate	51	Highest heart rate	179
Maximum heart rate	185	Average heart rate	75
Body Mass Index	23	Notes	



Resources Chart



The effects of stress and recovery on body's resources during the measurement. Increasing values indicate an increase in body's resources and decreasing values indicate the use of resources.



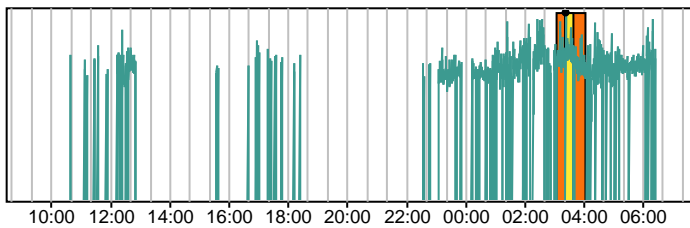
Resources
Body's capability to react to both internal and external stressors. Physiological resources decrease during long lasting or repetitive stress reactions and are regained during recovery.

Stress reactions (stress)
Increase in alertness and level of activation caused by either internal or external stressors.

Recovery
Decrease in level of activation caused by a decrease or absence of stressors.

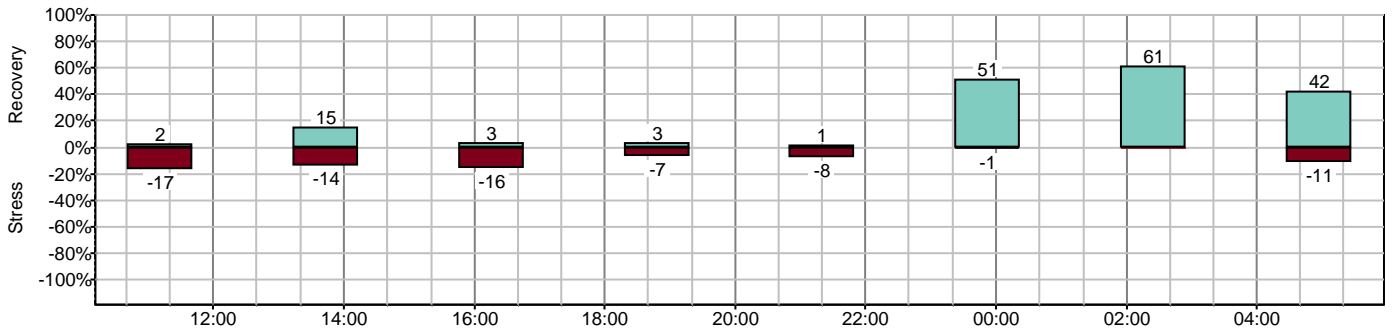
Recovery Analysis

Physiological reactions indicating recovery were detected during 31 % (7h) of the total duration of measurement.



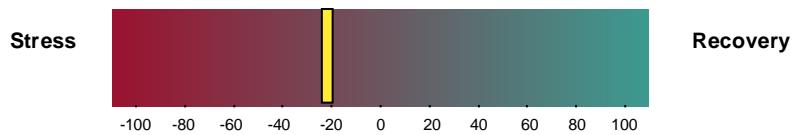
Periods with the highest levels of recovery.

Stress and Recovery Shares in Segments



Intensity of stress and recovery reactions during the measurement divided into 8 segments of equal length. The green bar indicates recovery and the red bar indicates stress.

Balance of Resources



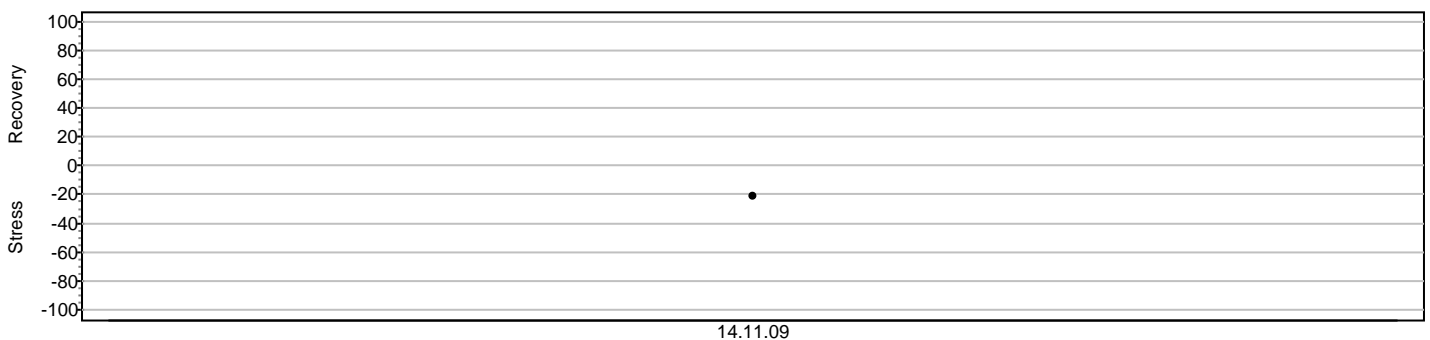
The resource index for the measurement is -21.



The effect of recovery on resource balance

A momentary decrease in body's resources causes no risk for overloading if there is also recovery between the stress reactions. In case of long lasting accumulation of stress without periods of resource accumulation, it is good to think of ways to improve one's stress management. Regular breaks, careful planning of your work and relaxation help you to gain resources and of improve your work efficiency.

Resource Follow-Up



Stress and recovery balance during the follow-up period.