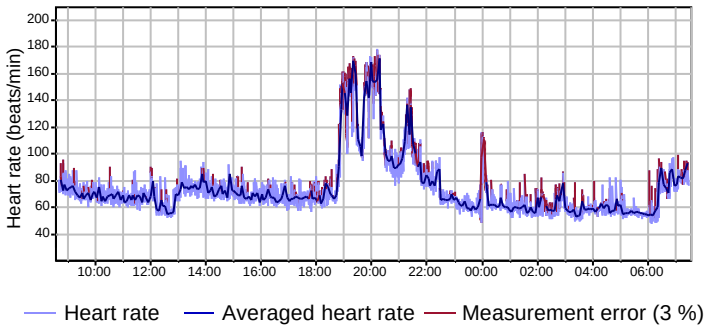
Stress Report

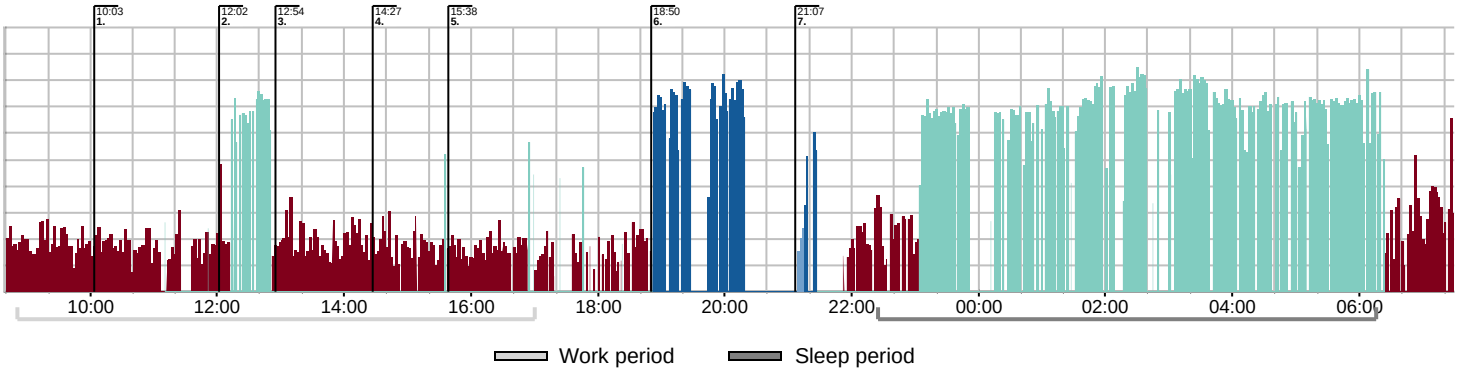
Person: Example Ellie

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	



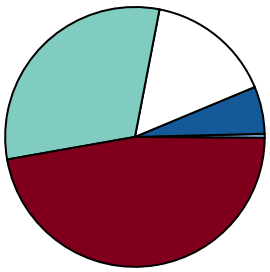
Stress and Recovery Chart



Journal markers

1. Meetings
2. Lunch
3. Work; computer
4. Coffee break
5. Meetings
6. Running
7. Home chores

Stress reactions	10h 48min	**(47%)**
Recovery	7h	**(31%)**
Physical activity	1h 19min	**(6%)**
Light physical activity	8 min	**(1%)**
Other physiological states	3h 35min	**(16%)**



Duration and proportion(%) of stress, recovery, physical activity and other physiological states.

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

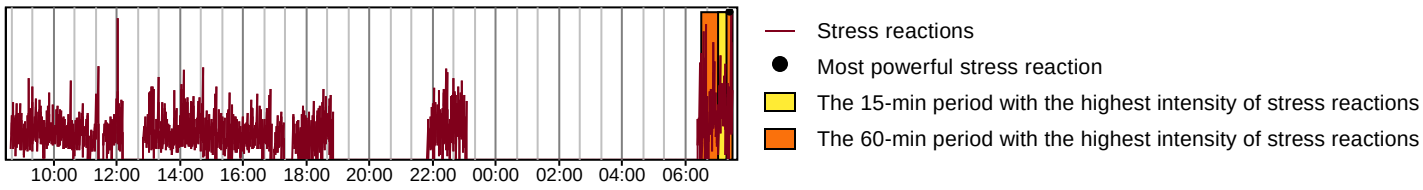
Recovery
Decrease in level of activation caused by a decrease or absence of stressors.

Physical activity
Time periods with physical activity higher than 30% of VO2max.

Light physical activity
Time periods with physical activity lower than 30% of VO2max.

Other physiological states
Physical states that are not detected as indicating physical activity, stress or recovery.

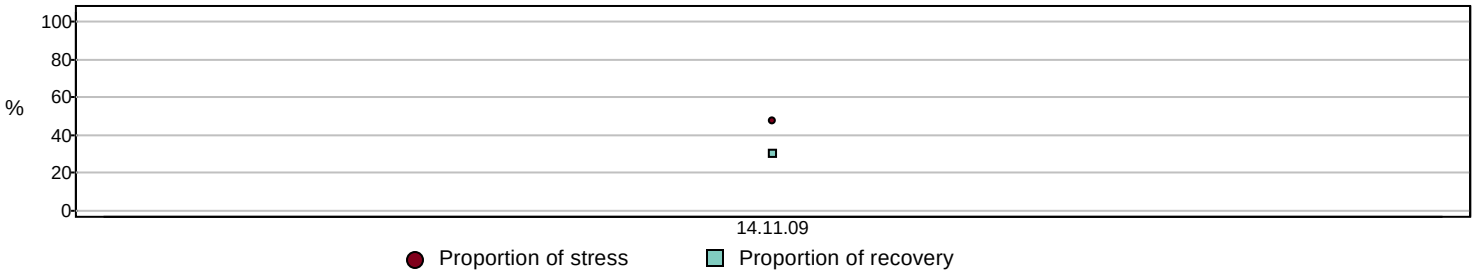
Analysis of Periods with Stress Reactions



Periods with the highest levels of stress.

Short- and long-term effects
Stress is not entirely a negative phenomenon but instead can be considered a positive resource. For short periods stress helps to improve performance, but when lasting longer without adequate recovery, it may cause adverse effects on health. The key to stress management is not the absense of stress but instead the presence of recovery periods. It is normal to have stress reactions during a day, but recovery must also be allowed regularly.

Stress and Recovery Follow-Up



The proportions(%) of stress and recovery during the follow-up.