

STRESS & RECOVERY REPORT



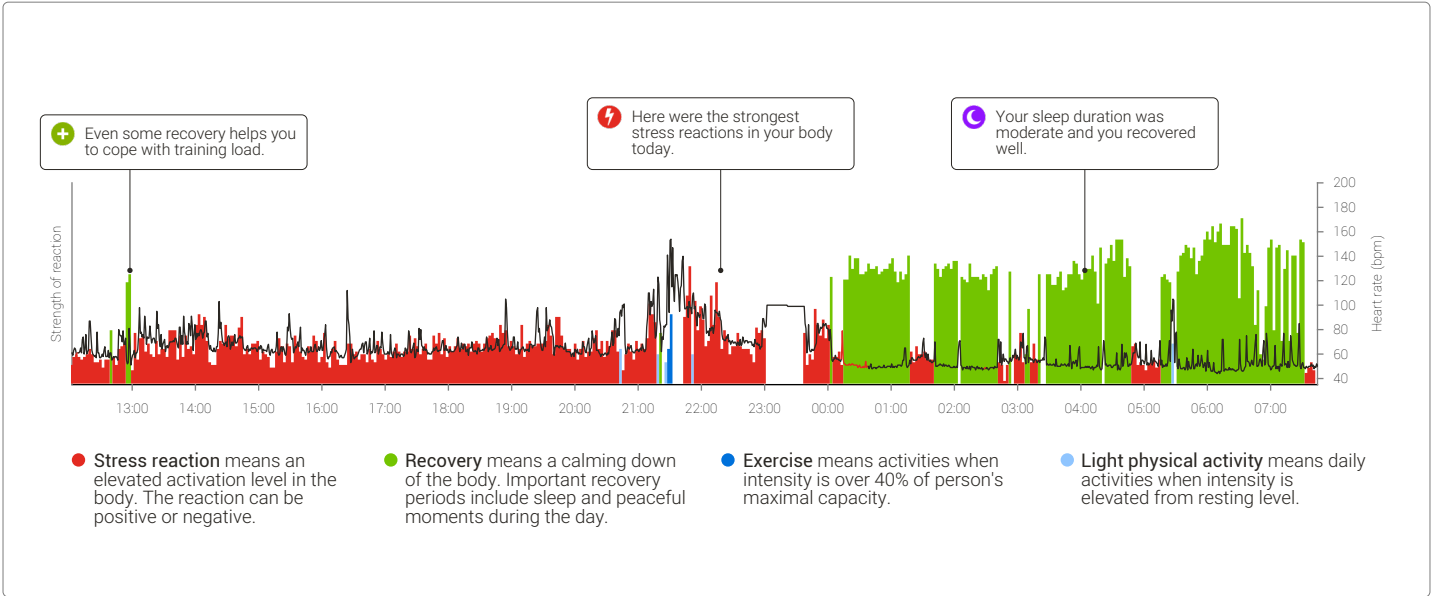
Example Athlete

Age 25
 Weight (kg) 70
 Height (cm) 178
 Max. heart rate 200
 Resting heart rate 35
 Activity Class 6,0

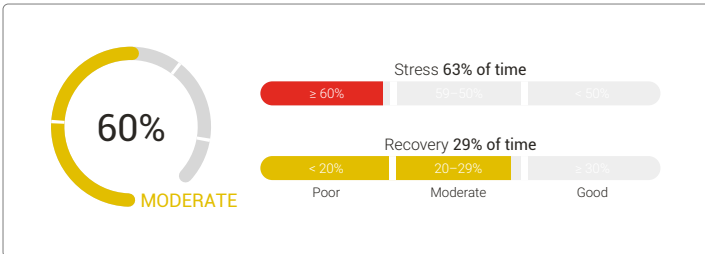
Measurement details:

Start time Monday 4.6.2018 12:02
 Duration 19 hours 42 min
 Heart rate (low/avg/high) 43 / 61 / 151 bpm
 RMSSD (awake/sleep) 38 / 70
 Calories (total/carbs/fats) 1600 / 706 / 894 kcal

BODY REACTIONS



24 H STRESS & RECOVERY BALANCE



OVERNIGHT RECOVERY



FOLLOW-UP

