

Daily Stress Report

Person: Bogdanovski Phil

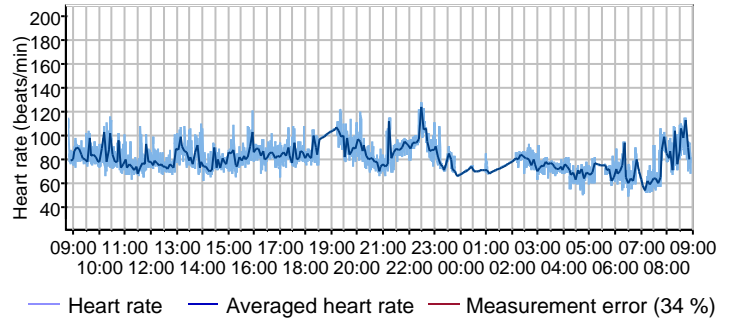
Date: 17/12/2009

Background information

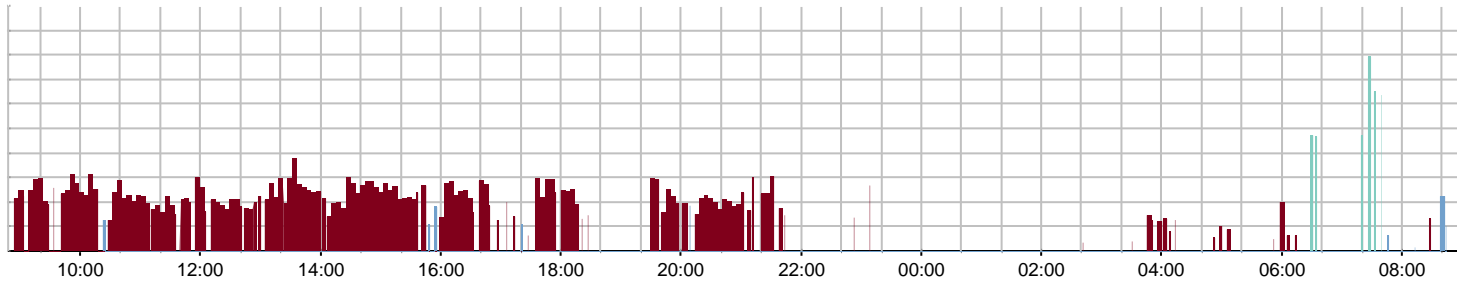
Age 32
 Height (cm) 183
 Weight (kg) 92
 Resting heart rate 49
 Maximum heart rate 189

Measurement information

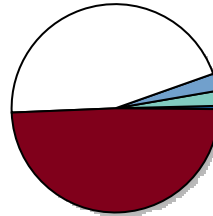
Measurement length 24:07:14
 Measurement time 08:48:01 - 08:55:15
 Lowest heart rate 57
 Highest heart rate 127
 Average heart rate 80



Stress and recovery chart



	Duration	Proportion
Stress reactions	11h 57min	(50%)
Recovery	31 min	(2%)
Physical activity	8 min	(1%)
Light physical activity	41 min	(3%)
Other events	10h 50min	(45%)



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

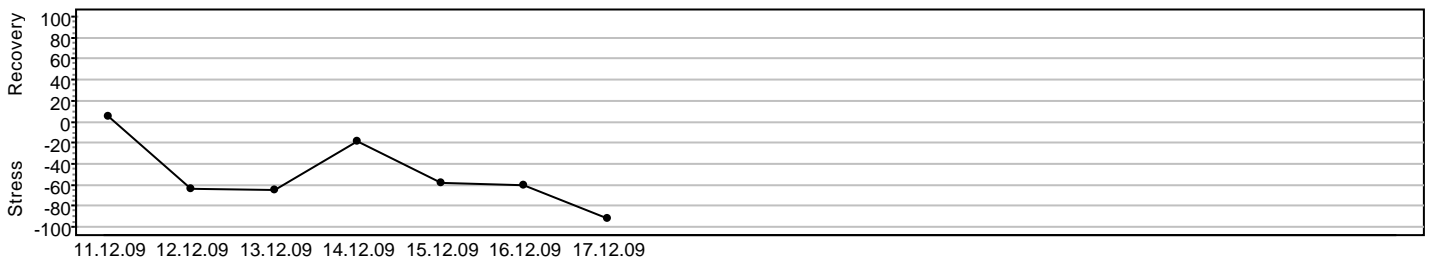
Light physical activity

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 -92.



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.