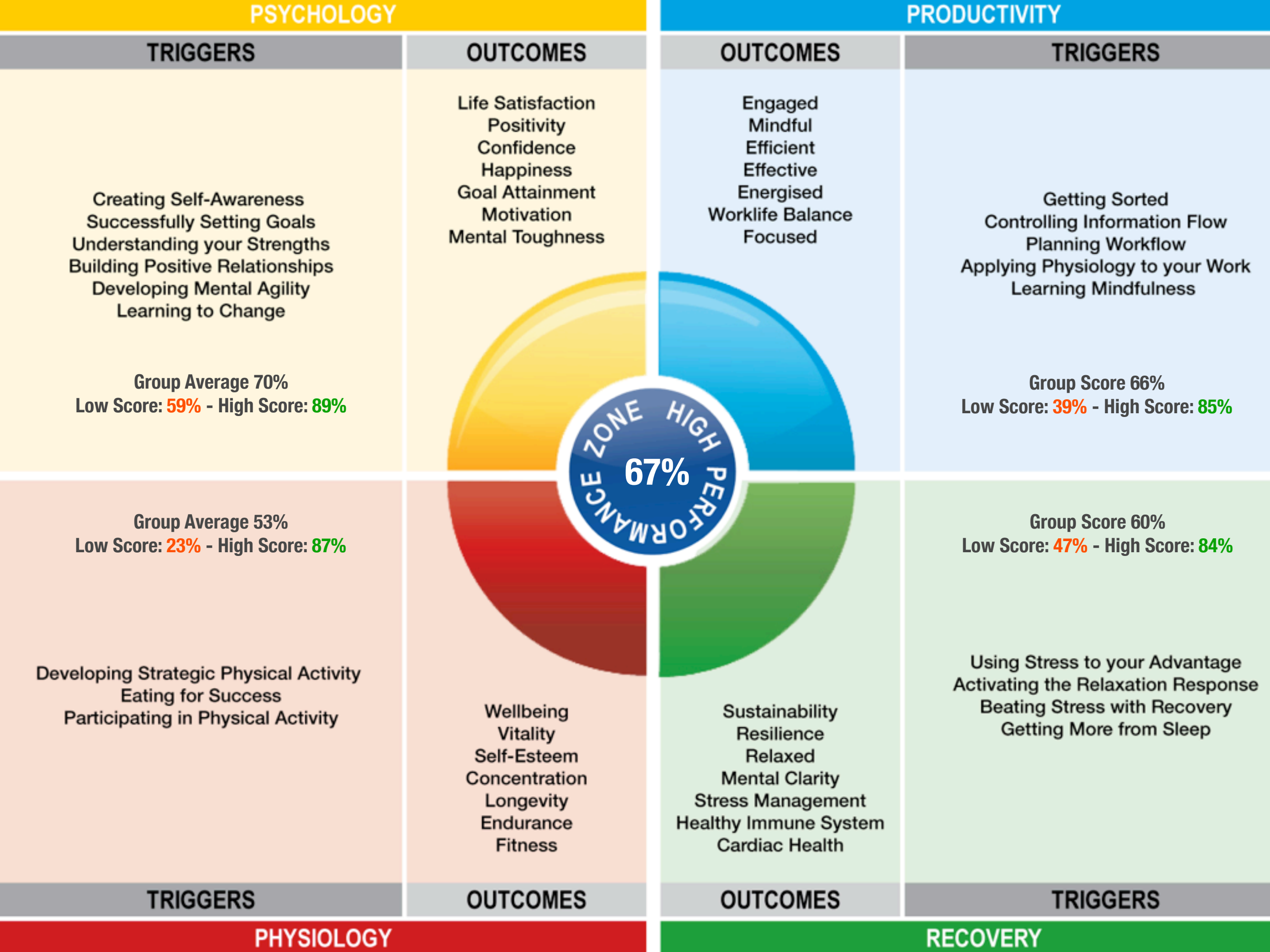
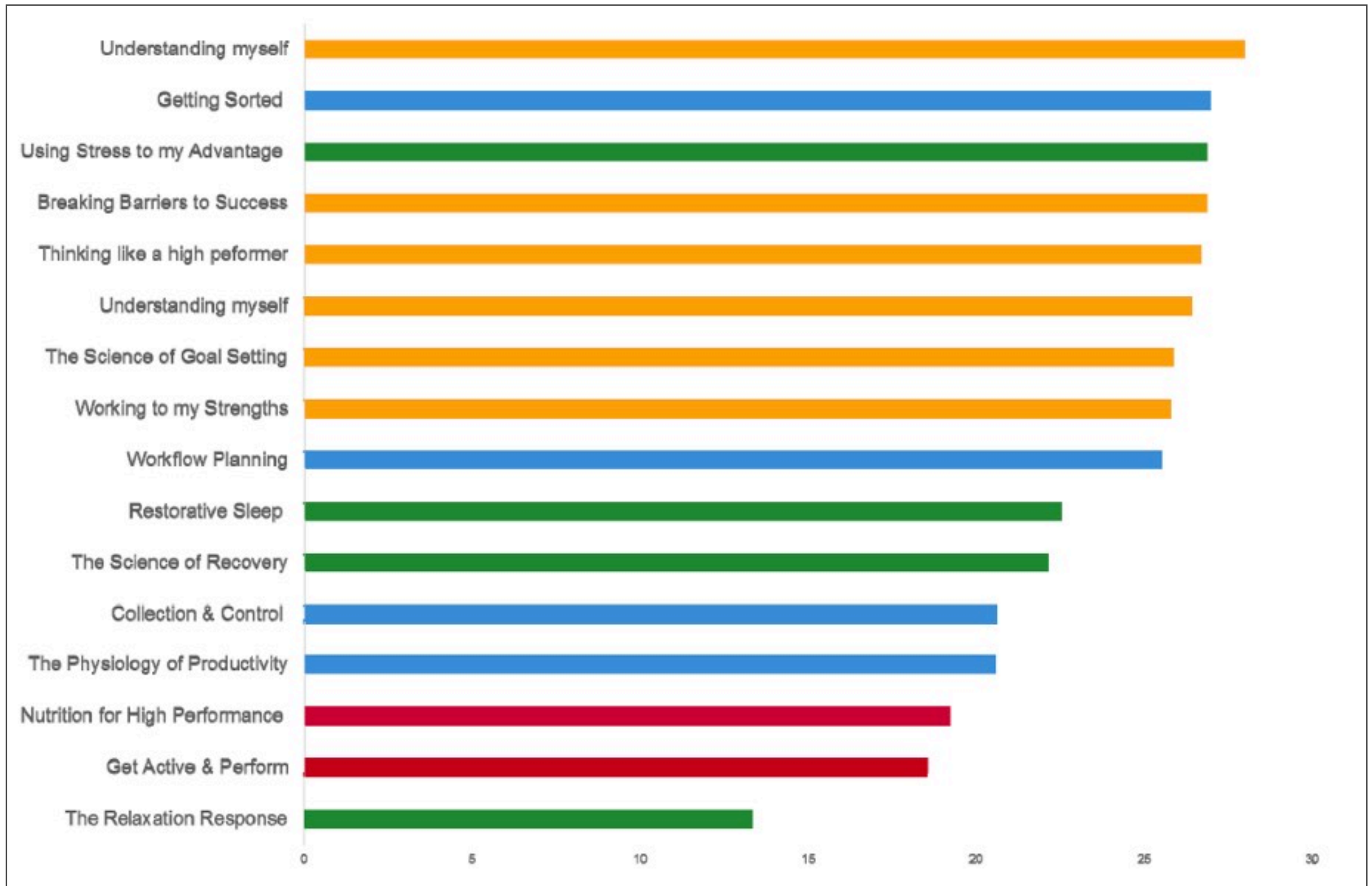


MATCHFIT@40





PERFORMANCE DIAGNOSTIC DATA ANALYSIS



YOUR TOP 3 TRIGGERS

-  Understanding Myself
-  Getting Sorted
-  Using Stress To My Advantage

YOUR BOTTOM 3 TRIGGERS

-  The Relaxation Response
-  Get Active And Perform
-  Nutrition For High Performance

YOUR TOP 5 BEHAVIOURS

I don't experience physical symptoms such as shortness of breath when I am stressed

When things go wrong I pick myself up and keep going

At the completion of a big project I don't get sick


There is a difference between what I say is important and how I actually live

I take actions which are consistent with my deepest values

YOUR BOTTOM 5 BEHAVIOURS

 I use aromas or calming music to relax at night and during the day

 I practice diaphragmatic breathing to reduce stress

 I regularly practice techniques such as yoga, meditation, visualisation or breathing exercises to help me relax and stay calm

 I use massage or stretching to help ease my tension

 I integrate specified stretches and flexibility sessions into my week

TIME USE AUDIT - WORK - Full time

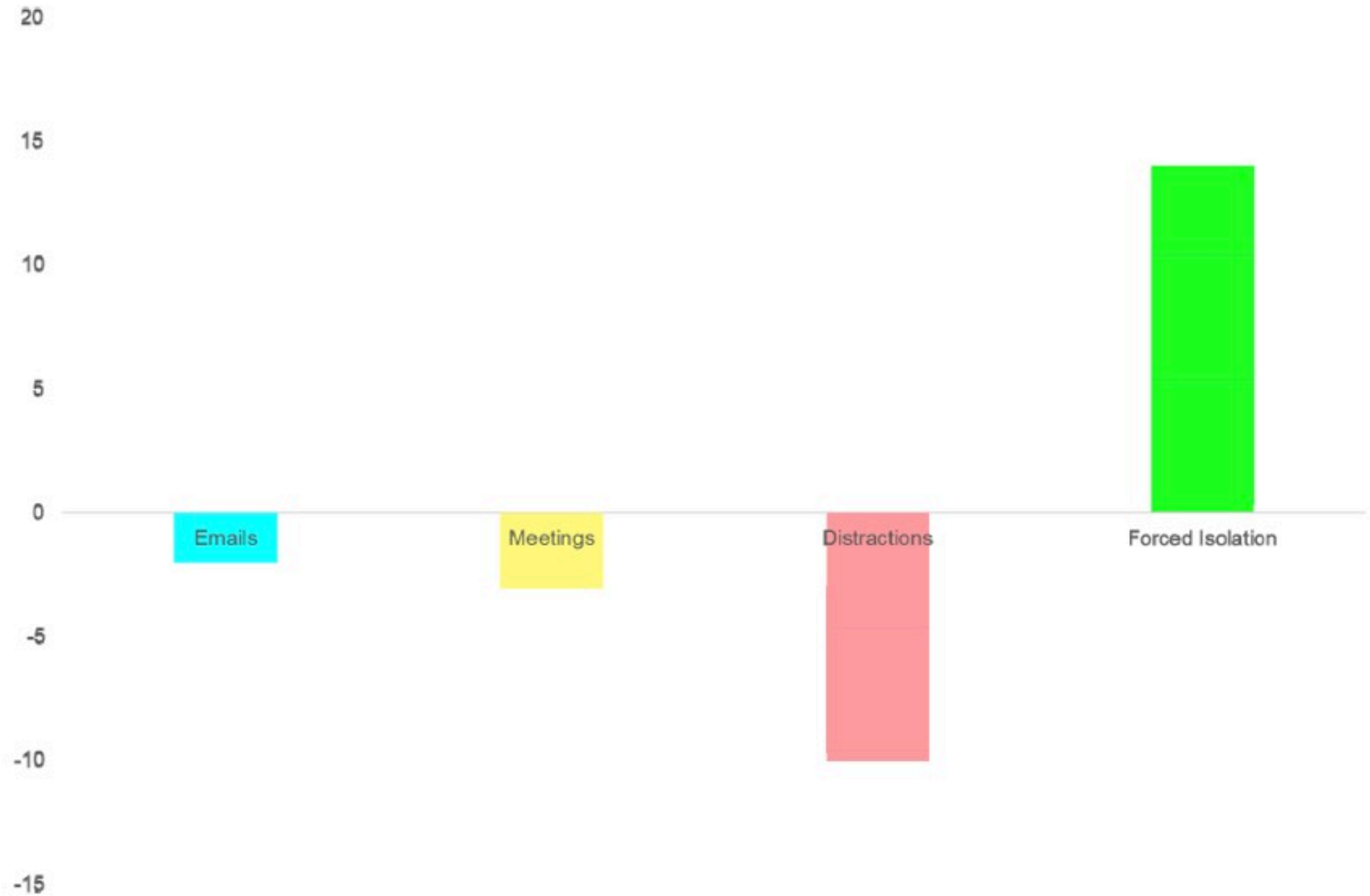
	Hours spent per week	Hours would spend in a Perfect Week	Difference
Work	55	46	-9
Emails	20	18	-2
Distractions	10	0	-10
Work without Interruption	8	24	16

Of the 20 hours spent on emails, 7 hours were on sneaky emails

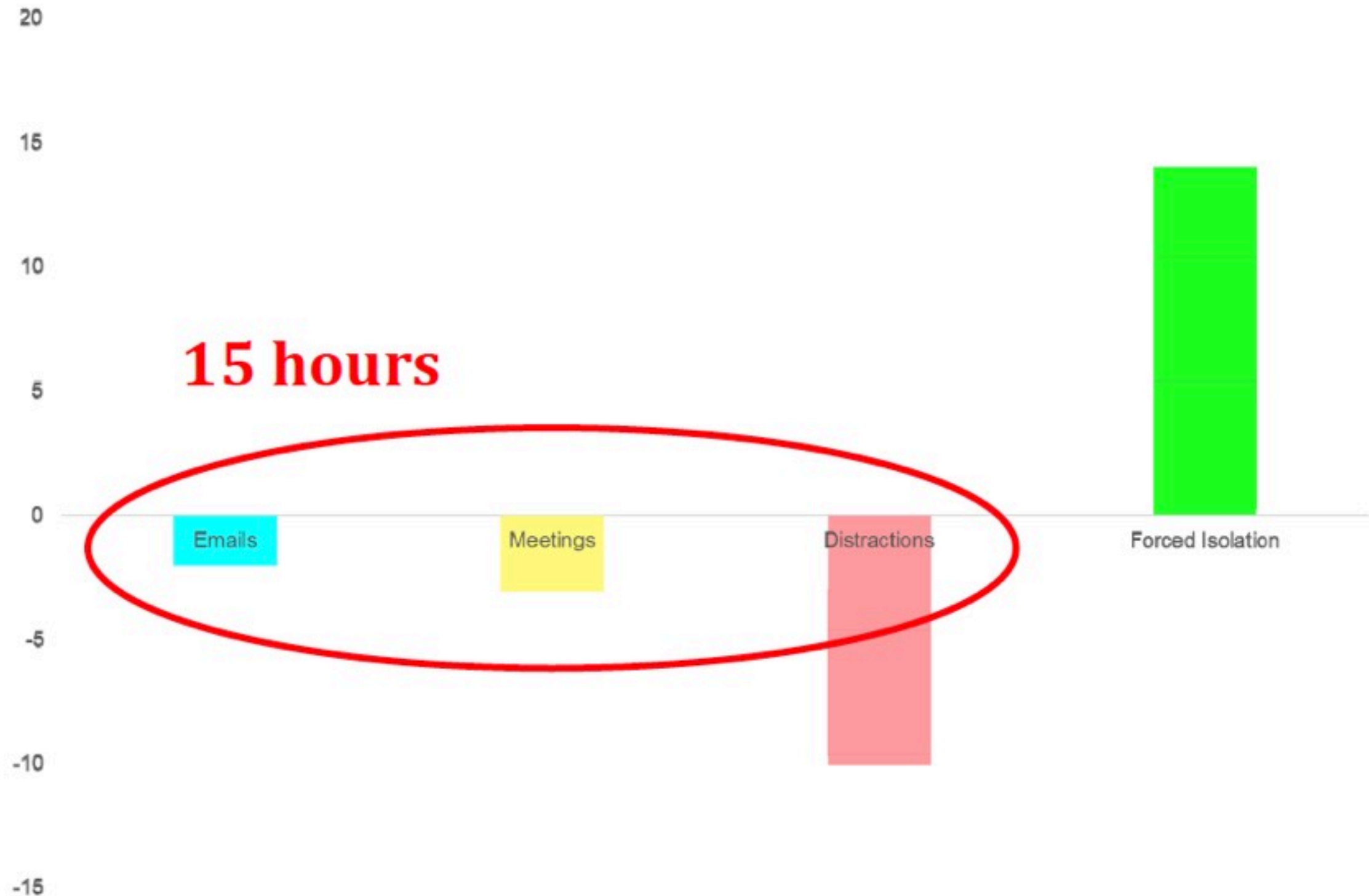
	Hours spent per week	Of which did not add value
Meetings	11	3

Hours spent on traveling for work: 6.5 per week

WANT TO CHANGE THE WAY YOU WORK?



WANT TO CHANGE THE WAY YOU WORK?



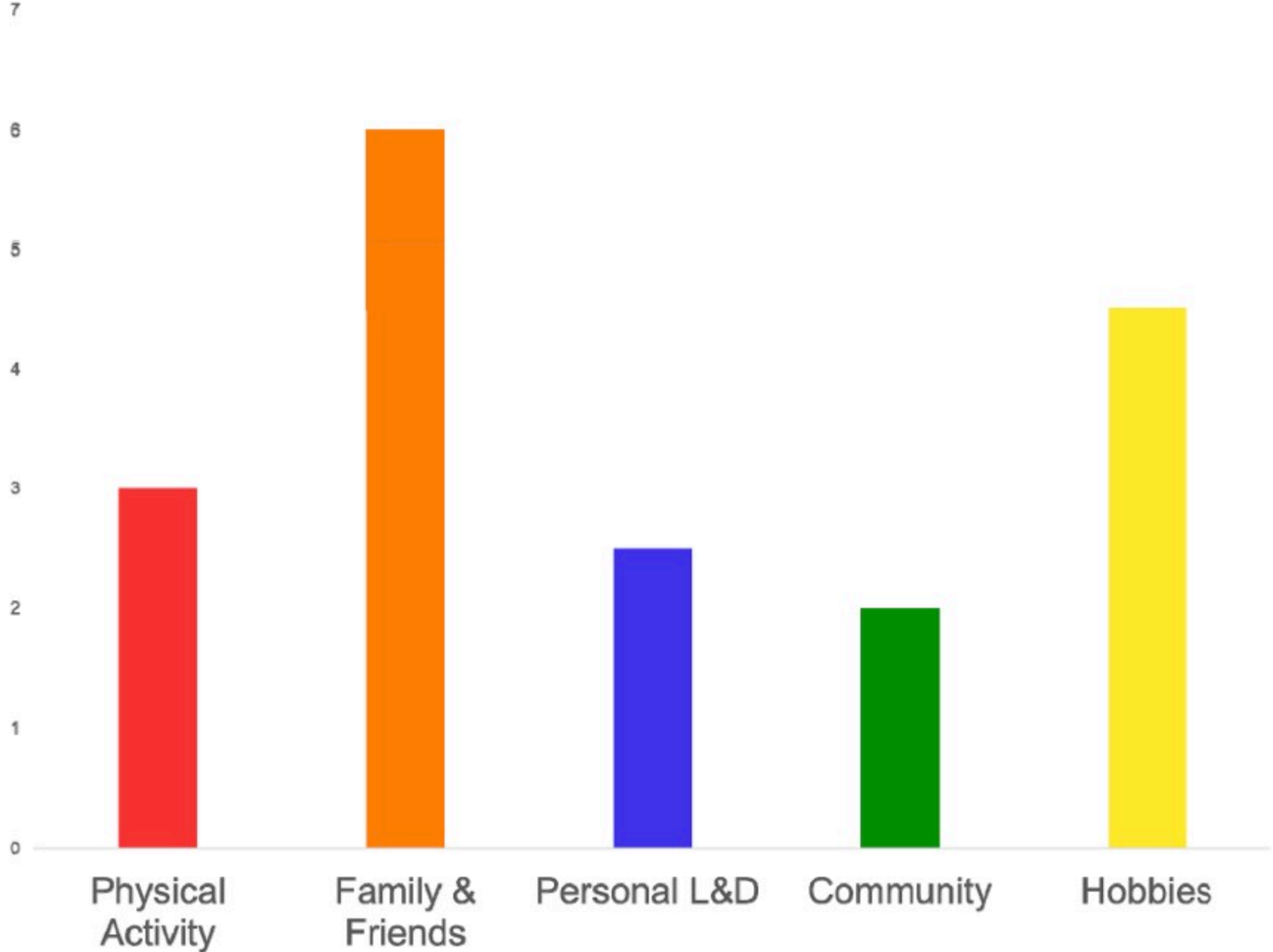
WHAT IS REALISTIC FOR YOU?



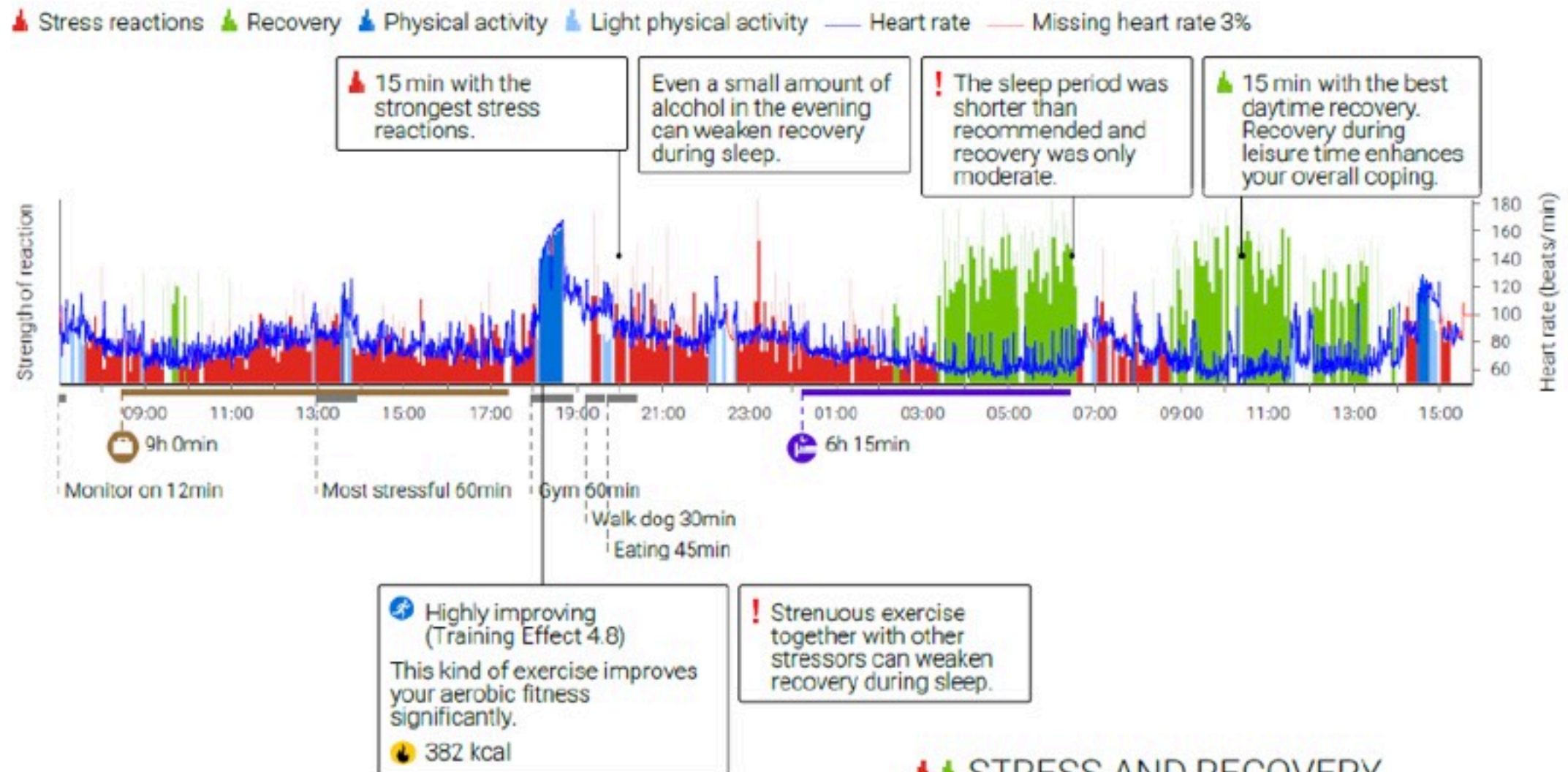
TIME USE AUDIT - LIFE

Activity	Hours Spent per Week	Hours would spend in a Perfect Week	Difference
Physical Activity	5	8	3
Family & Friends	9	15	6
Personal L & D	1	3.5	2.5
Community	2	4	2
Hobbies	2.5	7	4.5

.....AND FIND MORE TIME FOR LIFE?

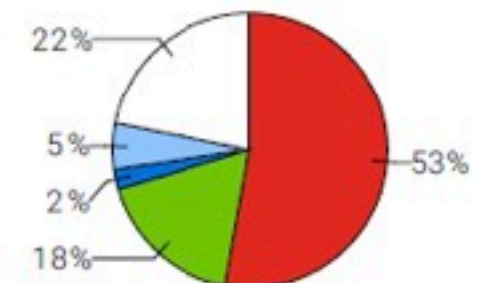


CHRIS - Full Period



STRESS AND RECOVERY

- Stress reactions
- Recovery
- Vigorous & moderate physical activity
- Light physical activity
- Other state



DATA SOURCE

Data based on:

- 18 participants completed the Performance Diagnostic
- 18 participants completed the Time Use Audit