# Personal Data Relating to Nutrition: Wearable Context

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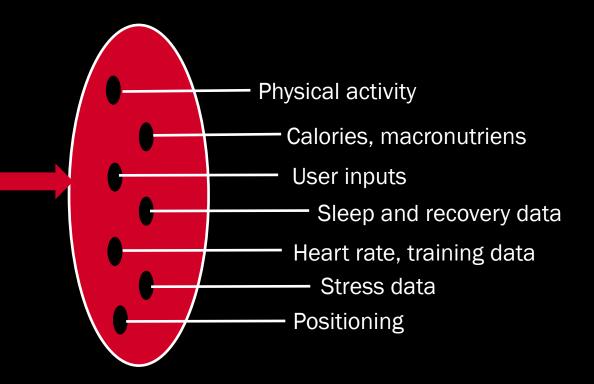


## POLAR SENSORS AND DATA

### **Sports and Smart Watches**



#### **Internet Data Interface**



## **Digital Coaching: Holistic approach**

We offer personalized and adaptive guidance for training and healthy **TRAINING & DAILY ACTIVITY** lifestyle. We offer intelligent guidance for training and daily activity to help customers reach their itness goals and support overall wellbeing. Trainin Daily activ. **REST & RECOVERY NUTRITION & HYDRATION** We help customers find balance ealthy We guide customers towards between strain and recovery to get eating to keep them energized cor their most of their daily life and Performance training, active lifestyle and go & Health optimize the benefits of training. recovery. Nutrition Rest & & Hydration **Pecovery** 

## **Digital Guidance**

## Adaptive Guidance

- Education
- Dialogue
- Social Support
- Coaching
- Goal setting
- Self-learning

#### **Assessment**

- Performance
- Sleep
- Stress
- Fitness
- Physical activity
- Body Composition

#### Behavioral change

- Understanding facts
- Sleeping behavior
- Stress management
- Physical activity
- Nutritional behavior

Response to Behavioral Change



# POLAR ECOSYSTEM



#### Flow for users





## POLAR ECOSYSTEM AND CONNECTIVITY



Polar Cloud

ACCESSLINK

**Nutrition Therapist/Coach** 



Partner Cloud



**End User** 

Flow for users



