

'429 Claim Mapping Table
1[pre]: A method for assessing readiness of a user, the method comprising:
1[a]: obtaining the user's movements;
1[b]: using the obtained user's movements to determine a nature of the period, wherein the nature of the period is selected from an activity period and a rest period;
1[c]: measuring at least one biosignal of the user during the rest period;
1[d]: determining a rest summary for the rest period, based on the measured at least one biosignal and at least one biosignal of a previous rest period;
1[e]: determining an activity summary for the activity period, based on the obtained movements of an activity period and obtained movements of at least one previous activity period;
1[f]: determining a body response summary based on the rest summary and the activity summary;
1[g]: calculating a readiness score based on the body response summary and a previous body response summary, whereby the readiness score indicates a level of readiness of the user; and
1[h]: using a user interface of the mobile communication device to show elements contributing to the readiness score and instructions related to physical activity and mental activity for improving the readiness score.
2: A method according to claim 1, wherein obtaining the user's movements is performed by measuring the user's movements or by retrieving the user's movement data from a separate device.
3: A method according to claim 1, further comprising measuring at least one biosignal during the activity period.
4: A method according to claim 1, wherein the at least one biosignal is selected from the group consisting of an electrocardiogram, a photoplethysmogram, an electromyogram, an electrooculogram, a heart rate, a heart rate variability, a body temperature, a resting heart rate, an average heart rate and signals related to breathing.
5: A method according to claim 1, wherein determining the rest summary comprises at least one of determining a sleep factor, determining a sleep balance, determining lowest body temperature during rest and determining a resting heart rate.
6: A method according to claim 1, further comprising providing the user with appropriate instructions, related to at least one of physical activity, mental activity and rest, for improving the user's readiness score.