

RESULTS SUMMARY

Below is a summary of the Focus data collected during 30DayChallenge. This result analysis has been calculated by and accurately represents the journey through the training program.

CHALLENGE RESULT

+2.4

We measure the difference in Focus between the first half and the second half. The scores have been weighted to show the change more accurately.

COMPLETION

87%

This is your total average completion. Total training time was 1330 minutes.



COMPLETION

Those who did not complete at least 70% of the training are not included in the results summary data.

100% Completion

At least 70% Completion

Non-completion

BEST FOCUS AVG

was the person with the highest average Focus of 53.

BEST DAY

had the best day during the challenge, with an average of 91 on 2023-11-23.

BEST FOCUS IMPROVEMENT

improved the most during the challenge, with a change of +15.6.

BEST SUSTAINED AVG

was the person with the highest sustained average of 72.

AVERAGE FOCUS

48

This was your group average Focus throughout the challenge.

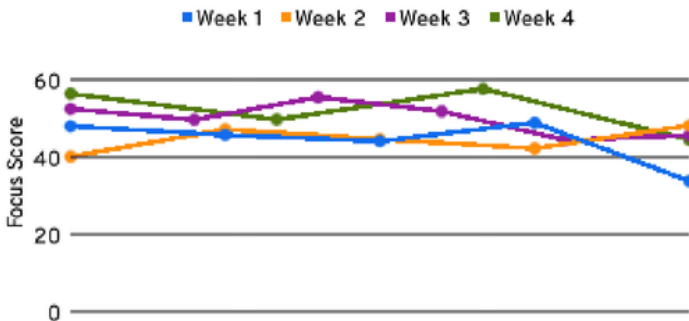
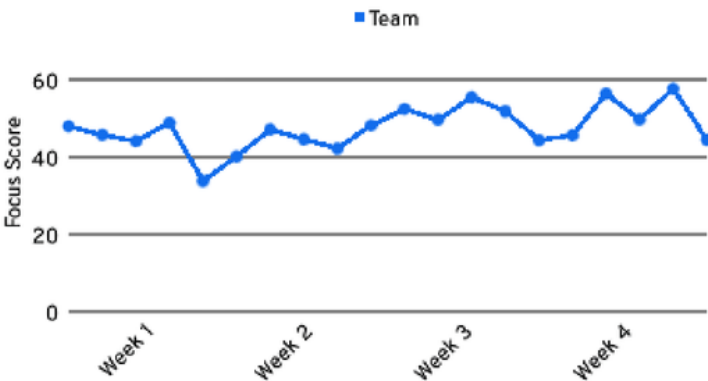
AVERAGE SUSTAINED

63%

This was your group average Sustained Focus throughout the challenge.

START TO FINISH GRAPHS

Below is a more detailed look at how did during the 30DayChallenge. We have detailed changes in Focus Score for the entire team and group by group. We also showcase Focus data week-by-week.



FOCUS SCORE IMPROVEMENT

+4.9

Your group Focus Score went from 45.8 to 50.7 between Week 1 and Week 4.

PERCENTAGE IMPROVEMENT

11% increase

Change from week 1 to week 4. Your group highest week was week 3.