

RESULTS SUMMARY

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

CHALLENGE RESULT

+31.8

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

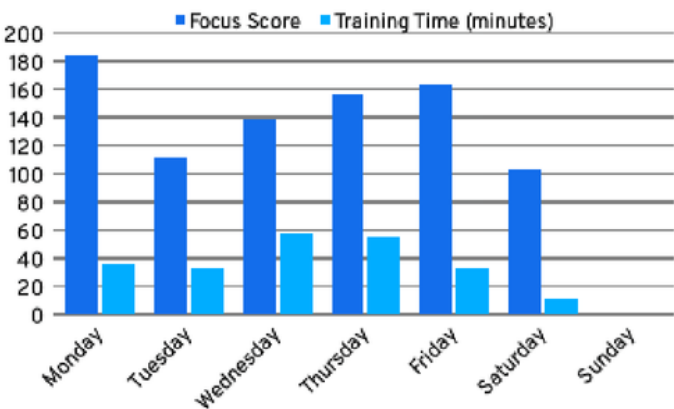
90%

You completed 19 days. Total training time was 226 minutes.



BEST DAY OF THE WEEK

Monday was your best day of the week throughout the 30DayChallenge. You performed 36% better on Monday compared to your other days. Wednesday was the day you trained the most.



HIGHEST RESULT

265 Focus Score

This was your best session throughout the challenge.

BEST DAY

Avg. 217



Your best day during the challenge was on 2023-11-20.

LOWEST RESULT

29 Focus Score

This was your worst session throughout the challenge.

WORST DAY

Avg. 56



Your worst day during the challenge was on 2023-11-28.

AVERAGE FOCUS

148

This was your average Focus throughout the challenge.

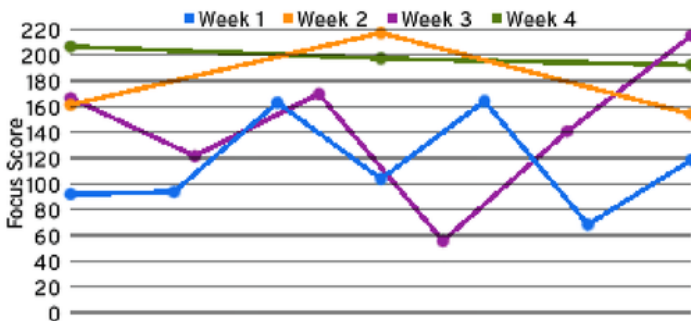
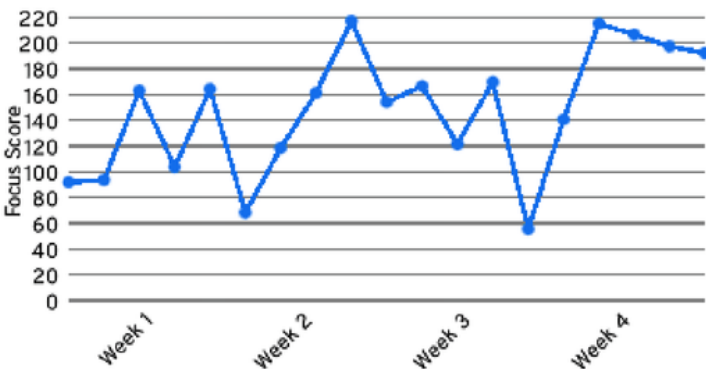
AVERAGE SUSTAINED

78%

This was your average Sustained Focus throughout the challenge.

START TO FINISH GRAPHS

Below is a more detailed look at how [redacted] did during the 30DayChallenge. We have detailed changes in Focus Score and showcase the results week-by-week.



FOCUS SCORE IMPROVEMENT

+84.5

Your Focus Score went from 114.2 to 198.6 between Week 1 and Week 4.

PERCENTAGE IMPROVEMENT

74% increase

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