**Report and Community Content for Review and Feedback**

1. **Report Content**

**Immediate Feedback Report Example for 21-Day Check-In**

**Feedback Summary**: Here is the immediate feedback provided when a user completes the 21-day check-in. The information below is an example of how the report will appear once the development process is complete and the logic has been implemented.

**Based on your check-in data, we’ve detected potential signs that you might benefit from some behavioural changes. To emphasise the importance of prioritising your well-being, we suggest the following modifications to help you start your journey to well-being.**

**Your Burnout Assessment**

Your overall burnout level is 66%, which places at the top of the risk spectrum. This score indicate that certain aspects of your life may impact your overall well-being. The score was calculated by evaluating your ratings across four pillars (Sleep, Energy, Happiness, and Concentration) over 21 days. Let’s break it down:

Pillar Breakdown:

* Sleep (70%)
* Energy (15%)
* Happiness (5%)
* Concentration (20%)

**Insights by Pillar:**

**Sleep (70%)**

* **A score greater than 60% but less than 80% indicates your sleep quality may be poor as measured over the 21 days.**
* Whatever your sleep issues are, they likely contribute to reduced energy and focus.

**Actionable Recommendation**: **Establish a consistent sleep routine, aiming for 7-9 hours per night. Reduce screen time before bed and create a calming pre-sleep environment. Engage in a calming activity such as reading before sleep and avoid light emitting devices**. Use the app to practise some of the Sophrology exercises as regularly you can, such as “I relax my body before I go to sleep”, “Sunset visualisation” or “Sleep tight like before”. Repetition of these short exercises can make a real difference.

**What the Weave can do:**

**Through the 1% club, engage with one of our wellbeing coaches to help establish a pre-sleep programme, allowing you to reduce anxiety levels and become more relaxed. Set sleep targets and learn how to measure progress.**

**Energy (15%)**

* **A score of 15% highlights low energy levels, affecting productivity and motivation.**
* **Actionable Recommendation:** **Focus on improving diet and hydration, incorporating short bursts of physical activity, and identifying stressors that drain your energy. Working for specific times, taking regular breaks and incorporating power naps can help**. Use the app to practise some Sophrology exercises such as 2-minute/7-minute AM practice, Midday Recharge, and Flash Nap. Set up reminders and choose a practice that suits the time you have available.

**WHAT THE WEAVE CAN DO:**

**We have an expert in Sophrology, who can help you incorporate pauses in your daily routines. Use the App to establish a habit of taking a pause, and if you need specific ongoing support, join** [**The 1% Club — The Weave**](https://www.wearetheweave.co.uk/the-1-club)

**Happiness (5%)**

**A happiness score of 5% indicates that happiness could be proving elusive. There are potentially a number of reasons but take time to reflect on why you might be feeling this way.**

* **Actionable Recommendation**: **Dedicate time to journalling and use to capture some thoughts**. List three things you are grateful for in your life right now. **Reach out and connect with supportive people**. Use the app to practise the Sophrology morning routines and exercises such as “Inner Smile”.

**Happiness is a relative state, highly subjective, but if you feel desperate, don’t bottle it up – reach out to a professional, such as a qualified Therapist or your GP**.

**Concentration (20%)**

* **scoring at 20%to stay in the flow of things. You are probably looking for distractions and finding the work unproductive.**

**Actionable Recommendation**: **use the app to capture some of the randomness thoughts and address your working times to your ideal mindset. Break tasks into smaller chunks, prioritize high-focus work during peak energy times, and manage stress effectively**. Use the app to practise some of the Sophrology exercises such as “I focus mind on an object” to foster mental clarity”. **If you need some mentoring, reach out to the 1% Club to find out what we can offer you.**

**Sleep Trends and Insights:**

Your sleep data over the 21-day period reveals critical patterns:

1. Positive Patterns: Early in the tracking period, sleep quality was predominantly "Excellent" (8–10 hours) or "Good" (6–7 hours), correlating with higher energy and focus levels.
2. Declining Trends: Midway through the period, sleep ratings shifted to "Fair" or "Poor" (below 5 hours), corresponding to a decline in overall well-being.
3. Impact: This trend suggests that insufficient sleep has contributed to reduced energy, concentration, and happiness levels. Addressing this decline can significantly improve overall burnout scores.

**Recommendations for Improvement**

**General Suggestions:**

* Consistent Sleep Routine: Aim for 7–9 hours of uninterrupted sleep each night. If your sleep is disrupted, consider a 20-minute power nap or a flash nap during the day to recharge.
* Stress Management: Practise the guided Sophrology practices in the App, mindfulness, yoga, or relaxation techniques to manage stress levels. **Engage in regular breaks. Engage with the outside. Walks in nature are known to lower stress levels significantly.**
* Energy Boosters: Incorporate regular meals, physical activity, and hydration into your routine. **Avoid snacking and have regular meals ideally at set times**.
* Emotional Resilience: Engage in activities that bring joy and seek emotional support when needed. **Use the journalling part of the App and set up reminders to journal as regularly as you can.**
* Expert Support: To support your well-being journey, we recommend booking a session with one of our wellness experts. They can provide personalised strategies to improve your scores and overall well-being.

1. **Content For the Community Page**

This section explained the benefit of joining the 1% club and becoming a member of the weave community.

**Unlock** **Unlimited Access**

* Connect with like-minded founders for support, motivation, and collaboration.
* Access our FREE business community to refine your business pitch with actionable insights.
* Engage with regular daily content and advice.

**What is the 1% Club, and why should you join?**

The 1% club is a decompression chamber for founders, a safe space to find mentoring, accountability, advice, and resilience. Our approach to founder burnout is to address the causes of it by growing your ability to do more with less, establish deeper, more meaningful relationships and access sources of cash.

If you are ready to grow your business and make an impact in your region – then sign up for the [The 1% Club — The Weave](https://www.wearetheweave.co.uk/the-1-club) - £49.00 per month. It is a gateway to resources, lowering stress and advocating for you.

Click below to join the FREE community today: <https://the-weave.mn.co/>

and start your journey to peace of mind with The Weave.