

Compliance Report

Compliance Percentage

During this season we were tracking the following metrics: Gym, Study System Design, Leet Code Problems Completed, and Weight. Let's start this analysis by looking at your **compliance percentage*** for each of the metrics we're tracking. This is particularly useful for metrics that have boolean values, that is, when we're tracking the completion of a task. A high compliance percentage indicates that you're very disciplined with regards to that task. A low percentage indicates that you might need to dedicate more time to this area, or reconsider if it's something you really need, like, or want.

***Compliance percentage** is defined as the percentage of days you met your goal for that metric.

Metric	Compliance Percentage
Gym	65.57%
Study System Design	65.57%
Leet Code Problems Completed	19.67%
Hours Of Sleep	59.02%
Weight	100.0%

Highlights

You achieved your highest compliance percentage for Weight, great job! On the other hand, perhaps you should set aside some time to think about your approach to Leet Code Problems Completed. Spend an afternoon thinking about Leet Code Problems Completed, is this something you really care about or is this just burning up time from your schedule? If this is a non-negotiable, try to pinpoint why you've been having a hard time sticking to your regiment. Common reasons for this are often related to doing too much of it. If this is a new endeavour, try to ease your way into it; if this isn't something you absolutely love try to avoid diving in head first since this will likely result in a poor compliance percentage.

Averages

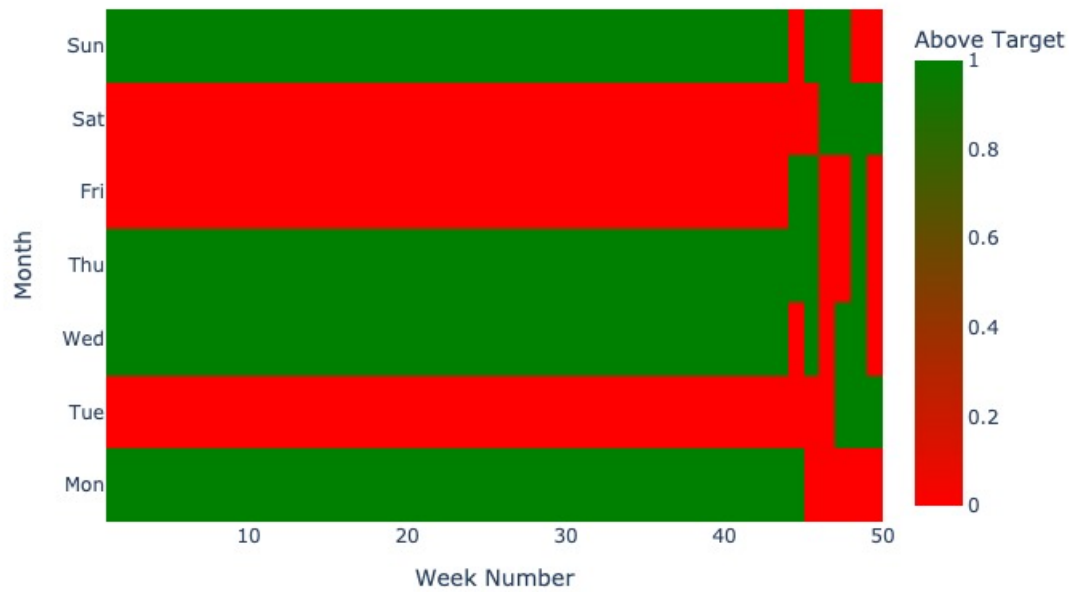
It's also helpful to look at the averages of all our numerical metrics. When analyzing habits it's important to keep the big picture in mind. You should understand that there isn't a single metric which is objectively the most important. With that being said, averages give us some insight about our day to day. Strive to improve (increase or decrease) these averages and don't loose too much sleep over a single bad performance.

Metric	Average
Leet Code Problems Completed	1.41
Hours Of Sleep	6.92
Weight	169.4

Gym

Let's take a slightly deeper look at Gym. You achieved a compliance percentage of 65.57% for this task. Here's a couple of plots that you might want to look at.

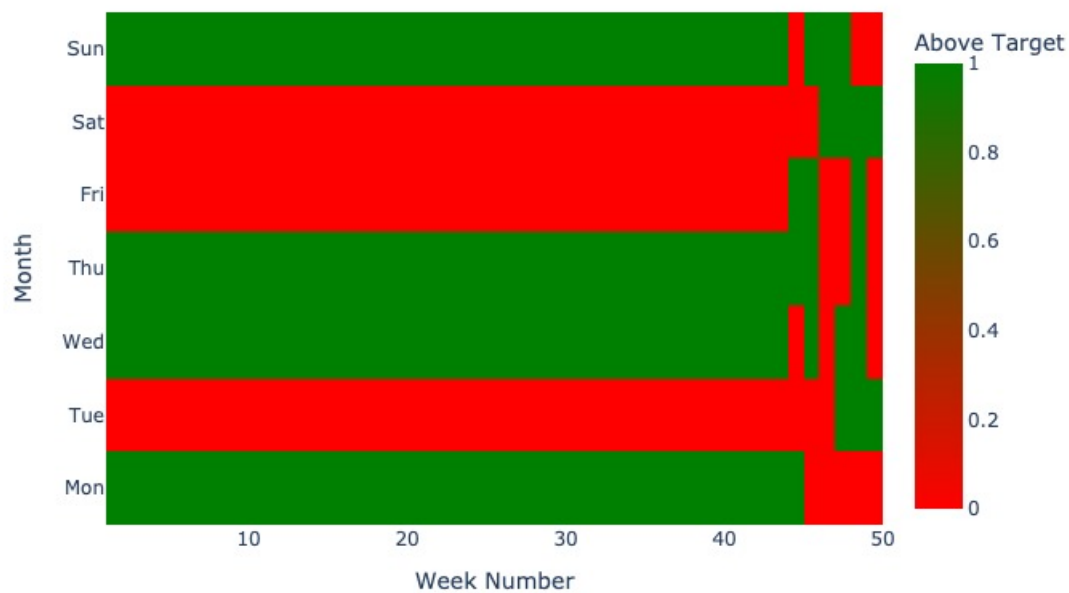
Heatmap of Values by Week Number and Day of the Week



Study System Design

Let's take a slightly deeper look at Study System Design. You achieved a compliance percentage of 65.57% for this task. Here's a couple of plots that you might want to look at.

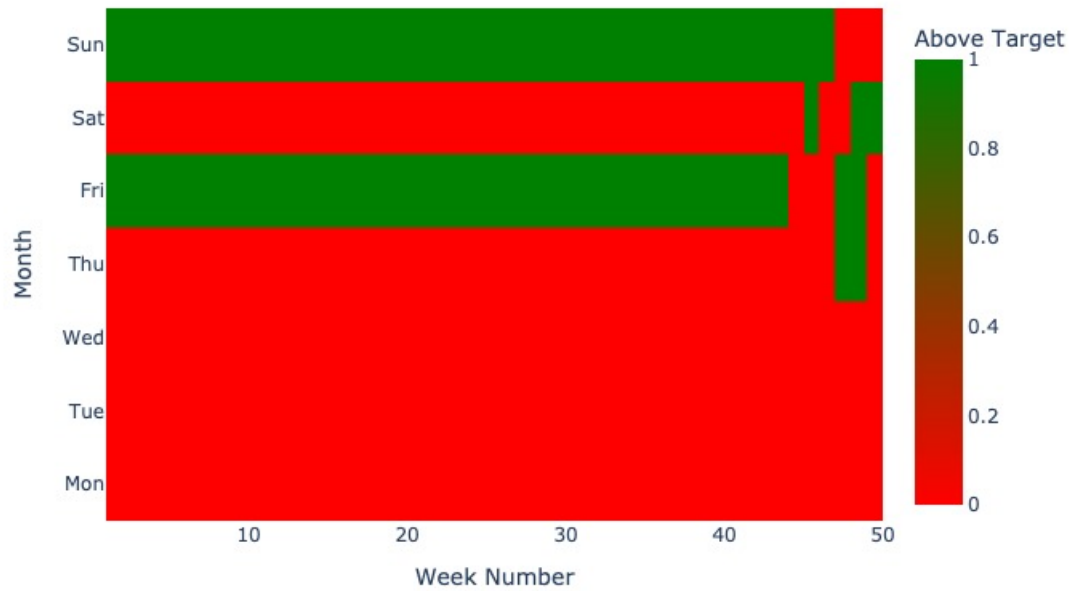
Heatmap of Values by Week Number and Day of the Week



Leet Code Problems Completed

Let's take a slightly deeper look at Leet Code Problems Completed. You achieved a compliance percentage of 19.67% for this task with an average of 1.41 per day. Here's a couple of plots that you might want to look at.

Heatmap of Values by Week Number and Day of the Week



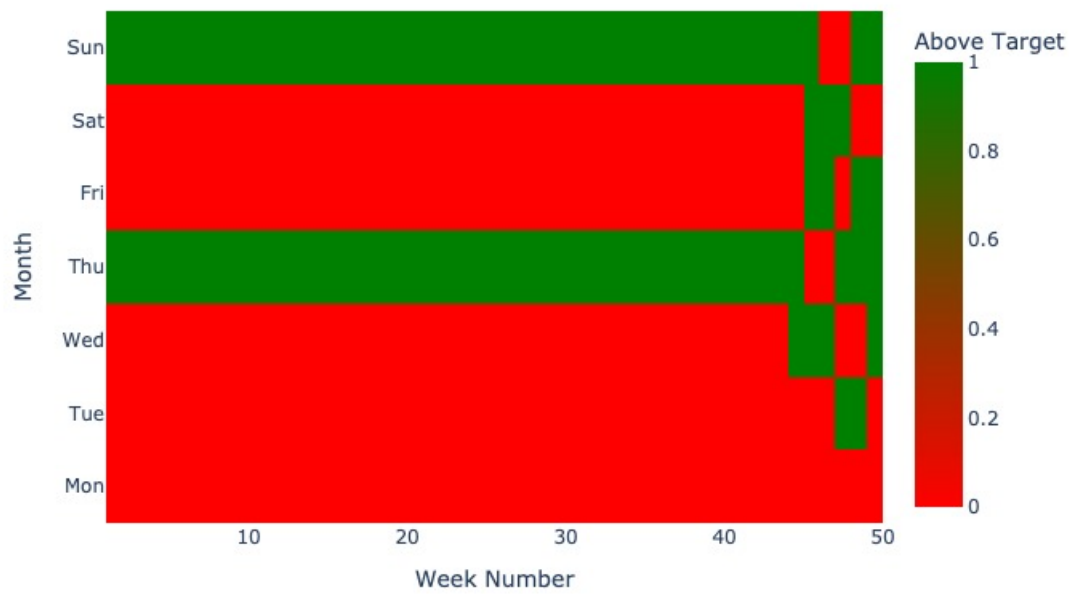
Leet Code Problems Completed Line Chart



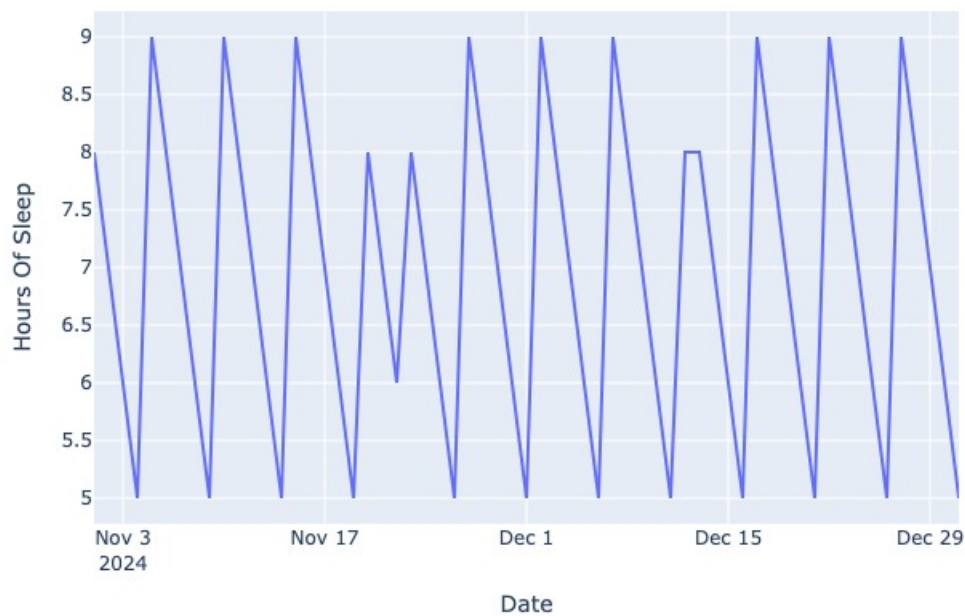
Hours Of Sleep

Let's take a slightly deeper look at Hours Of Sleep. You achieved a compliance percentage of 59.02% for this task with an average of 6.92 per day. Here's a couple of plots that you might want to look at.

Heatmap of Values by Week Number and Day of the Week



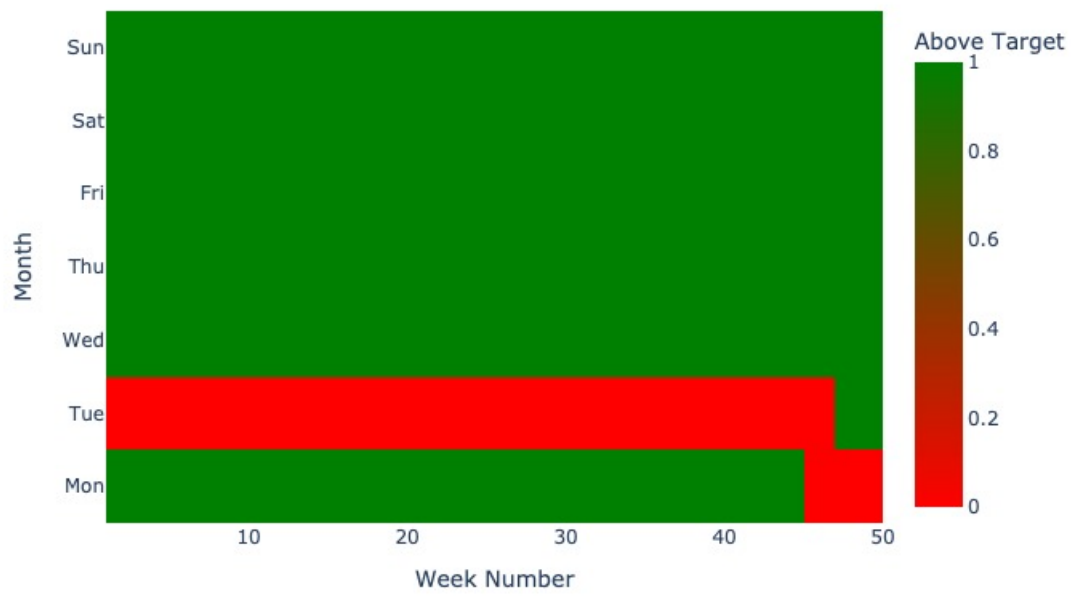
Hours Of Sleep Line Chart



Weight

Let's take a slightly deeper look at Weight. You achieved a compliance percentage of 100.0% for this task with an average of 169.4 per day. Here's a couple of plots that you might want to look at.

Heatmap of Values by Week Number and Day of the Week



Weight Line Chart

