






Today's Focus



 3 day  
streak

This Week

M T W T F S S

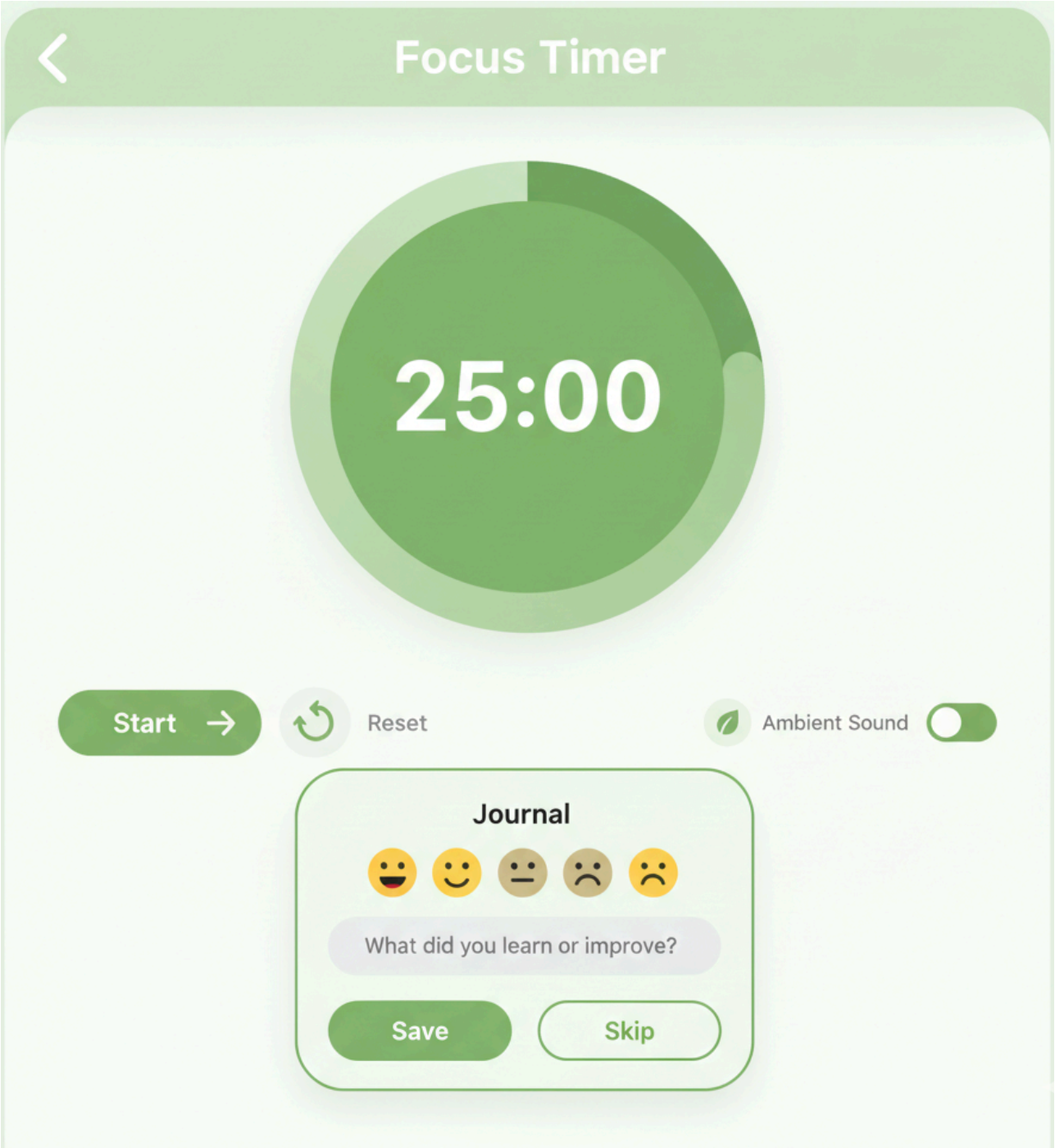


60% / 40%  
Workload balance

Start Focus

View Journal

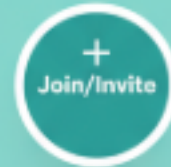
Ask AI





## Group Goal: Complete 8 Pomodoros today

Group Streak: 🔥 3 days



**You (120 mins)**

Today's Focused minutes



100% 🔥



**Alex**

Today (90 mins)



75% 🔥



**Maya (60 mins)**

Today's Focused minutes



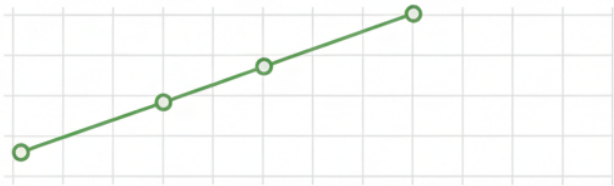
50% 🔥

**Start Focus with Team**







# AI Summary

## Weekly Summary

Total focus: 540 mins  \_\_\_\_\_   
Avg. daily: 77 mins  \_\_\_\_\_   
Peak day: Wednesday  →  — 



## Next Week Recommendations

-  Schedule morning sessions for higher focus. 
-  Take shorter breaks on Wednesday.
-  Maintain your weekend rest balance. 
-  Incorporate light stretching breaks.

[Generate Monthly Report \(PDF\)](#)

