

Dashboard

# FocusGarden



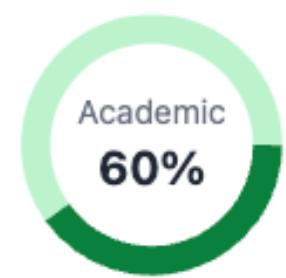
Today's Focus



🔥 3 day streak

This Week

M T W T F S S



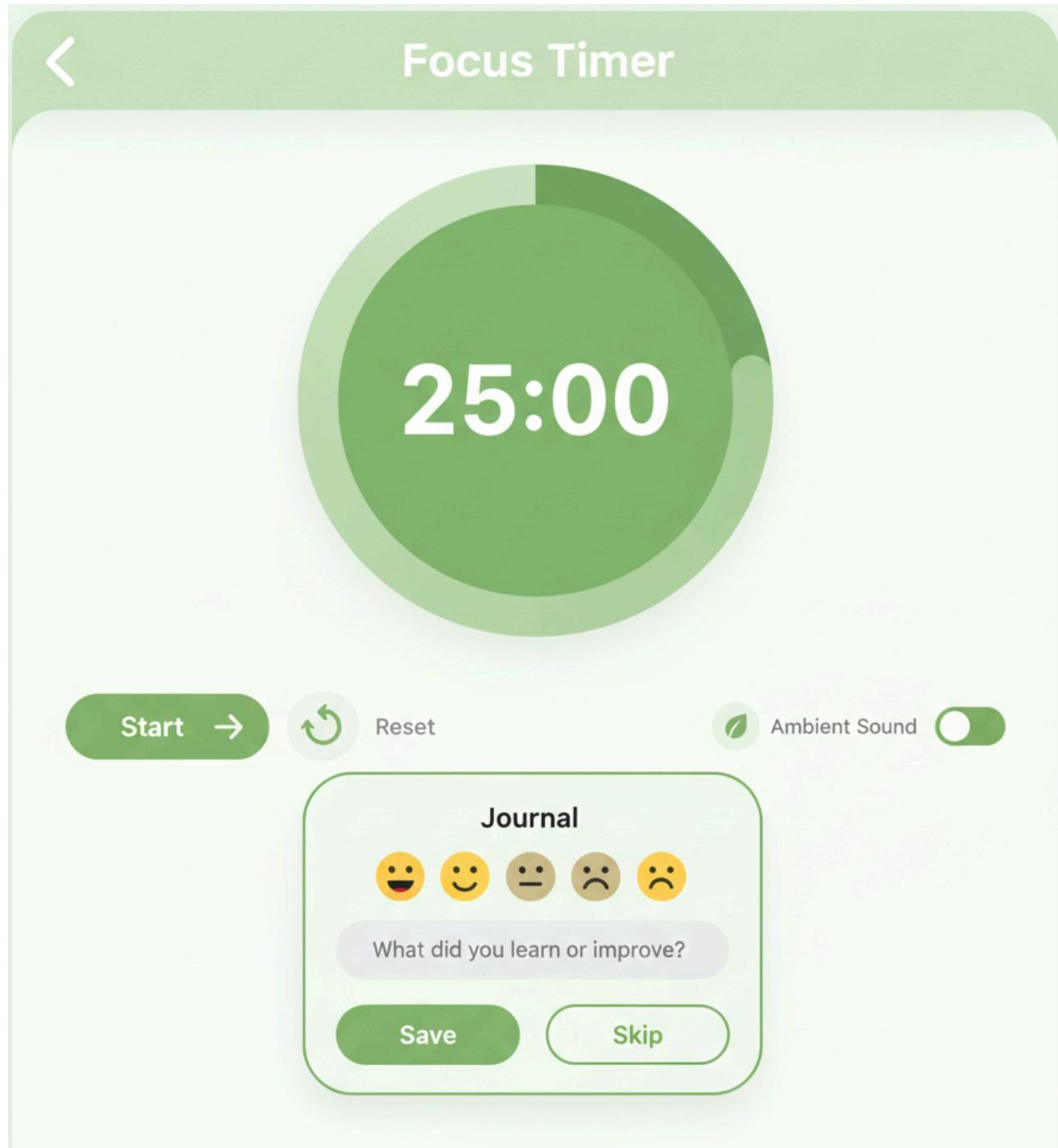
60% / 40%  
Workload balance

**Start Focus**

**View Journal**

**Ask AI**

Timer



Heist小组



## Group Goal: Complete 8 Pomodoros today

Group Streak: 🔥 3 days

+

Join/Invite



**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 4

# 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 \(PDF\)](#)