

# Circles Health App

## Scoring and Metrics Guide

This guide explains how the key numbers in Circles are calculated.

### 1. WELLBEING SCORE

The wellbeing score shown on the dashboard is on a 0 to 100 scale.

How it is calculated:

- The app takes a weekly baseline from the weekly questionnaire.
- The app then adds a small daily trend adjustment from recent daily check-ins.
- Daily check-ins can move the score, but only within a controlled range.

Current formula:

- `dailyAvg7` = average of the latest daily check-ins, up to 7 entries
- `weeklyAnchor` = latest weekly questionnaire score
- `dailyDelta` = `dailyAvg7` minus `weeklyAnchor`
- `dailyAdjustment` = 25 percent of `dailyDelta`, rounded, and capped between -10 and +10
- `finalWellbeingScore` = `weeklyAnchor` plus `dailyAdjustment`, capped between 0 and 100

Example:

- Weekly anchor is 80
- Daily average is 60
- Daily delta is -20
- Daily adjustment is -5
- Final wellbeing score is 75

If no weekly anchor exists yet, the app falls back to daily scoring until a weekly questionnaire is completed.

### 2. WELLBEING LABELS

Score bands:

- 80 to 100: Thriving
- 60 to 79: Doing Well
- 40 to 59: Okay
- 20 to 39: Struggling
- 0 to 19: Needs Attention

### **3. WEEKLY QUESTIONNAIRE SCORING**

Each weekly answer maps to points:

- Not at all = 0
- Rarely = 1
- Sometimes = 2
- Most times = 3
- Always = 4

Weekly score formula:

- `weeklyScore = round(totalPoints divided by maxPoints times 100)`

### **4. DAILY CHECK-IN SCORING**

Daily check-in converts user input to a 0 to 100 score.

Main flow used in the app:

- `dailyScore = round(focusLevel divided by 10 times 100)`

There is also another slider flow in the app that maps from a 5-step scale to 0 to 100.

### **5. WHEN WEEKLY OR DAILY IS REQUESTED**

The app decides which assessment to show as follows:

- Weekly is checked by ISO week key.
- Weekly reset timezone is Africa Lagos.
- If weekly is due, weekly flow is shown first.
- If weekly is not due, daily check-in is shown if none was submitted that day.

### **6. STREAKS**

Personal streak:

- The app currently reads personal streak from user profile fields.
- Display source is `users.streak`, with fallback to `users.stats.streak`.

Important note:

- In the current implementation, submitting an assessment does not automatically increment streak in the same scoring flow.

Circle streak:

- Circle streak is calculated from circle chat activity.
- The app counts consecutive active days from recent messages.

## 7. CIRCLE MEMBER POINTS AND LEVELS

In Circle Analysis leaderboard:

- contributionPoints = 100 plus messageCount times 15
- level = floor(contributionPoints divided by 60)

Important note:

- There is no 200-point cap in the current formula.

## 8. CIRCLE RATING ON CARDS

If no backend rating is provided, the app uses this fallback:

- Base score starts at 4.2
- Member count bonus:
  - More than 50 members: +0.4
  - More than 20 members: +0.3
  - More than 10 members: +0.2
  - More than 2 members: +0.1
- Recency bonus based on last activity:
  - Less than 24 hours: +0.4
  - Less than 72 hours: +0.2
  - Less than 168 hours: +0.1
- Final score is capped at 5.0

## 9. RED OR GREEN AVATAR RING

Ring color rule:

- Score 70 and above = Green
- Score below 70 = Red

If score is missing, the app can fall back to label text to decide color.

## 10. KEY CHALLENGES LOGIC

The app checks theme scores and detects weak themes.

Weak themes for challenge targeting:

- Theme score 2 or below

Then:

- It fetches challenges matching those weak themes.

- If none are available, it falls back to top active challenges.
- If still empty, it falls back to resources.

## 11. RECOMMENDED CONTENT LOGIC

For recommended resources:

- The app uses weak themes at score 3 or below.
- It fetches active resources with matching tags.
- If none match, it falls back to general active resources.

## 12. MAIN DATA SOURCES

Collections and fields used for metrics:

- assessments collection for raw submissions
- users document fields such as:
  - wellbeingScore
  - wellbeingLabel
  - weeklyScore
  - dailyTrendScore
  - wellbeingComponents
  - stats.themes
  - stats.overallScore
  - streak

## 13. PRODUCT INTERPRETATION

How to read these numbers correctly:

- Wellbeing score is a trend indicator, not a diagnosis.
- Weekly questionnaire is the stability anchor.
- Daily check-ins provide controlled short-term movement.
- Circle points are engagement points, not mental health severity.