



Performance Meeting



Weekly Performance Meeting

Activity

Your goal this week (on average) was **60** minutes

You managed to achieve your goal **5** times

Your average daily activity was **40** minutes

Inactivity

Your planned Maximum Continuous Inactivity (MCI) for this week was **60**

You exceeded your MCI **5** times

Your longest continuous inactivity was **62** minutes

If you think that the goals you set are too easy or too difficult you can always change them by going to the Settings menu and changing them.

GO TO SETTINGS