Calculating Focus Time

How Focus Time is Calculated

Focus Time is the sum of all your Focus Session durations.

> **Example:** You spend 30 minutes in the VSCode app, which is categorized as the Focus category *Code*. This activity will create a Focus Session with a duration of 30 minutes. Your Focus Time will equal 30 minutes, and you will have 30 minutes of *Code* in your Focus categories calculation. In this case, your Focus Time is equal to the time you spent in Focus categories.

Focus Sessions are created automatically if you spend approximately 75% of your time on Focus category activities within any timeframe of 15-minute or longer. Because of this required threshold, Focus Time **may not** equal the time you spend in Focus categories.

> **Example:** Over an hour, you spend 30 minutes in the VSCode app and 30 minutes in the Slack app, alternating between each app every minute. Since Slack is categorized as the Non-Focus category *Messaging*, this period will not reach the necessary threshold, and a Focus Session will not be created.
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> Your Focus Time for this period will be zero. However, you will have 30 minutes in your Focus categories calculation from the time spent in VSCode (Focus category *Code*). In this case, your Focus Time **is not** equal to the time you spent in Focus categories.