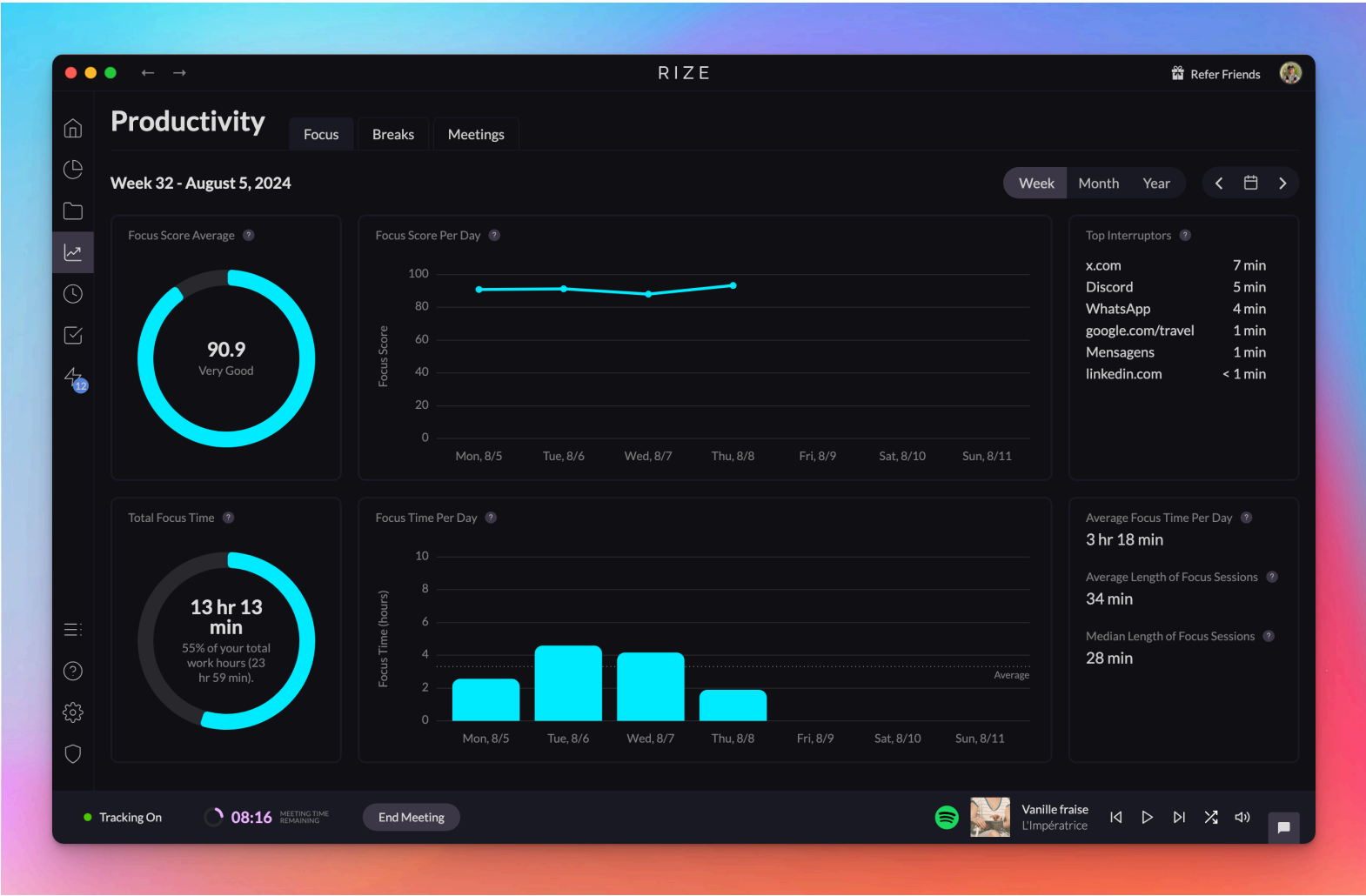


Focus Metrics

Focus Metrics

Focus metrics provide an overview of the time you've spent in Focus Sessions, helping you identify patterns and trends in your productivity. You can view your Focus metrics from the Productivity Tab under *Productivity* > *Trends*.

The Focus metrics include your Focus Score Average, Total Focus Time, and Average Focus Session Length. You can view your metrics by week, month, or year.



Hovering over the charts displays a tooltip with more details.

Focus	Breaks	Meetings
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Week Month **Year** < >



FOCUS SCORE
August 2024



Focus score	90.5
Total focus time	24 hr 14 min
Avg length of focus sessions	36 min
Total sessions	40

52%	<div><div></div></div>	Code	16 hr 54 min
7%	<div><div></div></div>	Productivity	2 hr 24 min
7%	<div><div></div></div>	Standup	2 hr 23 min

Median Length of Focus Sessions [?]

30 min

05:15 MEETING TIME REMAINING

End Meeting



Vanille fraise
L'Impératrice

