



Focus

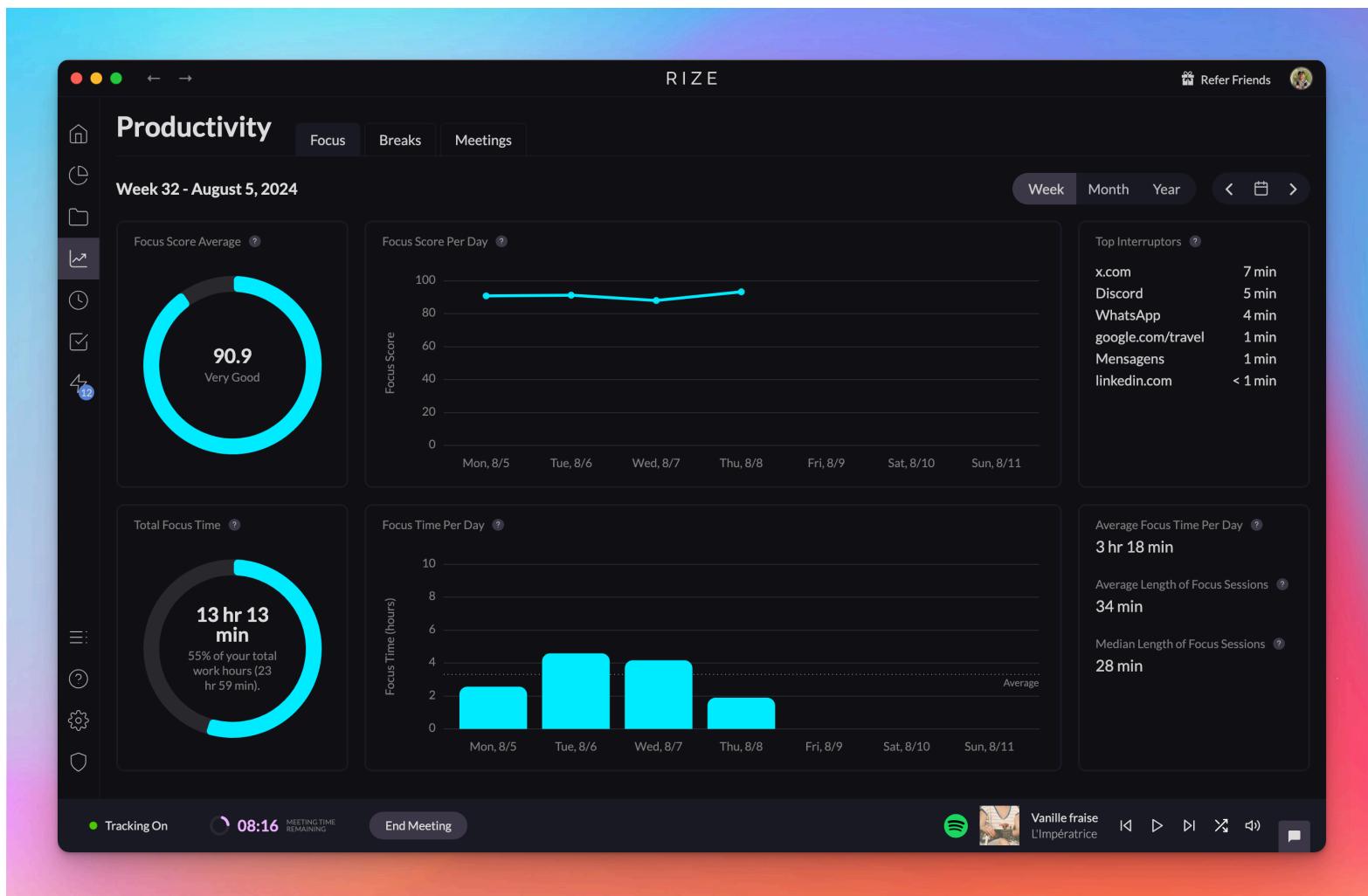
Focus Metrics

# 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.

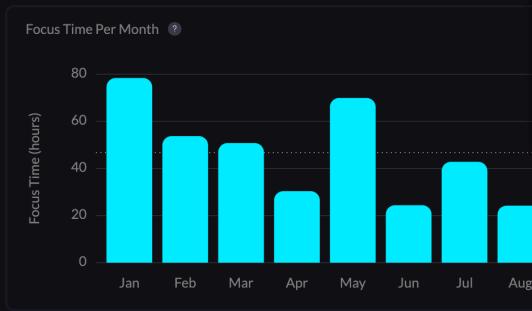
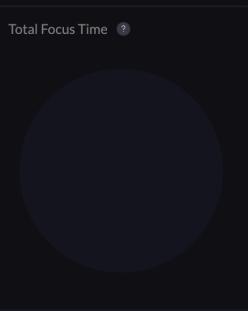
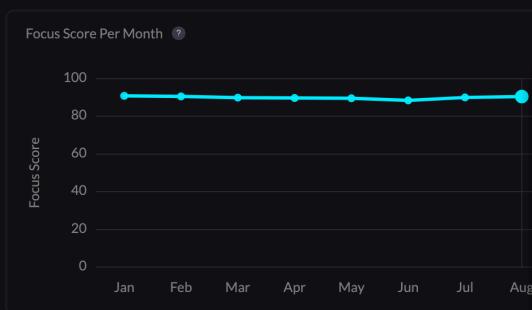


## Productivity

Focus Breaks Meetings

Week Month Year

2024



Tracking On

05:15 MEETING TIME REMAINING

End Meeting

Vanille fraise  
L'Impératrice