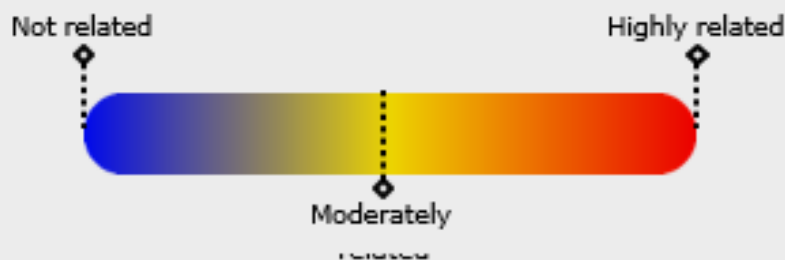


## Your daily status

### Relationship between self-report and Cognitive Efficiency



These figures depict the relationship between your daily self-reports and your Cognitive Efficiency as measured by MN8.

Blue indicates the measures were unrelated while red indicates the measures were highly related.

### Energy



### Productivity



### Focus

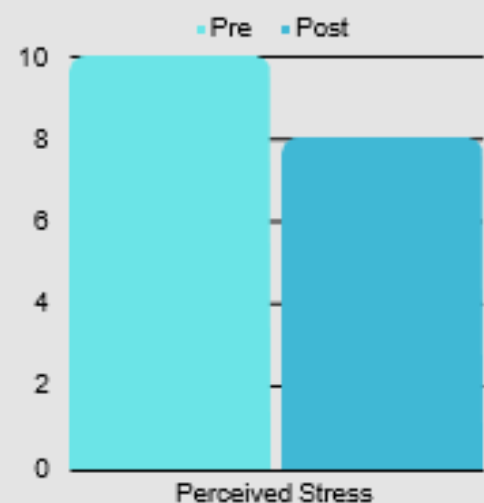
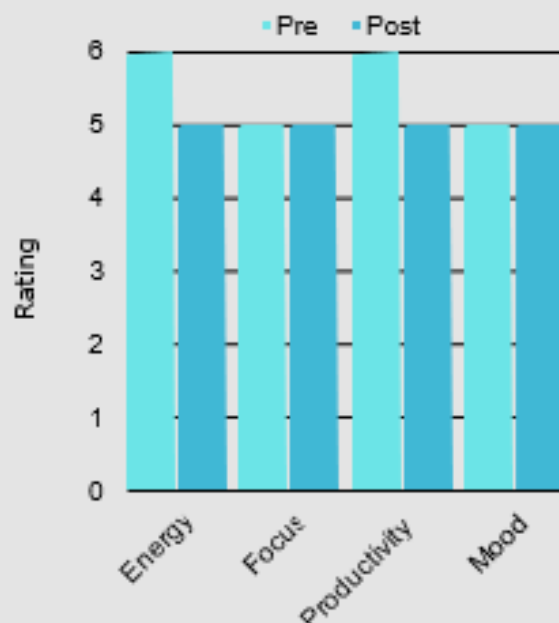


### Stress



Your daily Stress reports and your Cognitive Efficiency were weakly related.

## Your status before and after the study



Your Perceived Stress, Energy, Mood or Productivity ratings did not change significantly after the 3 weeks of the ECLIPSE study