

Live Dashboard

Your Activities

+ New

01:50 PM - 02:02 PM

Documentación Objetivos

You spent 17% of this time in an optimal state.

Other Home

01:00 PM - 01:45 PM

Realización TFG

You spent 44% of this time in an optimal state.

Other Home

12:58 PM - 12:59 PM

Resting Brain

You spent 18% of this time in an optimal state.

Brain exercise

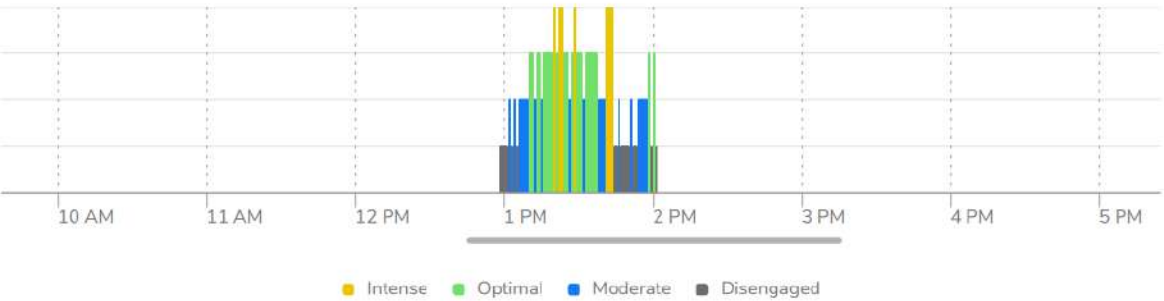
Your events

This is where you see events coming from your integrated calendar and events that you create through Contour.



Cognitive Efficiency

Your cognitive states throughout the day.



Performance Metrics

Displaying your average attention, cognitive stress, and cognitive load every 5 minutes over 24h.

Time tracked on May 05, 2024

01:04:00

Key Insights

22 Mins in Optimal

30 minutes goal

0%

Today May 05

0%

Today May 05

0%

Today May 05