

## Cognitive Efficiency Over Time



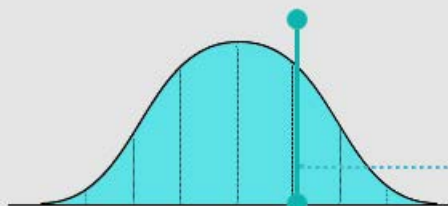
You achieved your highest Average Cognitive Efficiency on your 8th Focus Session. This is a **22% increase** in Cognitive Efficiency compared to your first Focus session.

## How a wellness activity impacted your focus sessions



Your average cognitive efficiency during a focus session improved by 10% after a box breathing activity and 7% after a Meditation activity when compared the sessions with no prior wellness activity

## Cognitive Efficiency in the community



Overall, the relationship between your Attention, Cognitive Load, and Cognitive Stress means you are in the

**65th percentile**  
of Cognitive Efficiency  
during a focus session