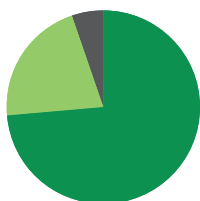


## Understanding energy report: 1-7 October 2017

Client  
logo



### 589 energy recordings over the past 7 days

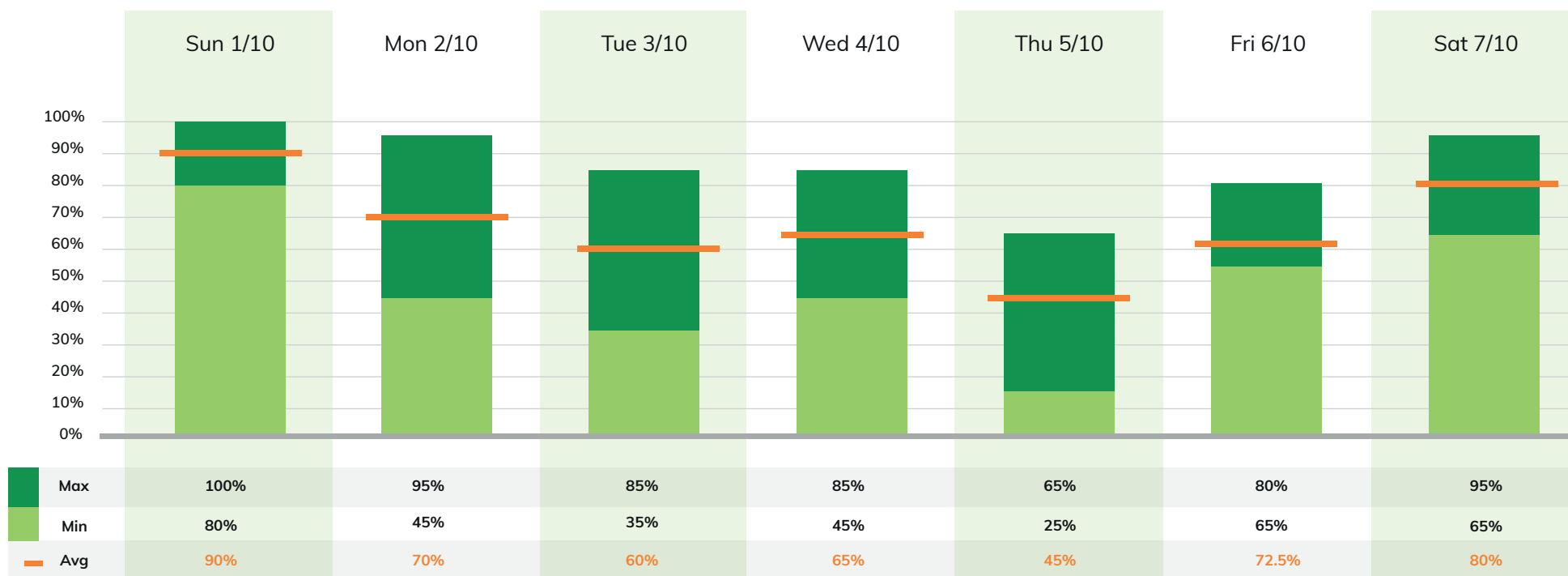


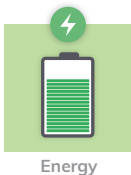
- 75% of users recorded weekly
- 20% of users recorded daily
- 5% of users recorded monthly

### Employee energy averages

- 87% Average max energy
- 51% Average min energy
- 69% Average energy

### Recorded energy percentages: 1-7 October 2017



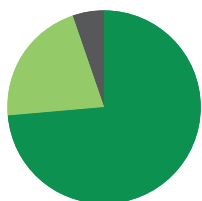


## Understanding energy report: 13 August-7 October 2017

Client  
logo



### 589 energy recordings over the past 56 days



- 75% of users recorded weekly
- 20% of users recorded daily
- 5% of users recorded monthly

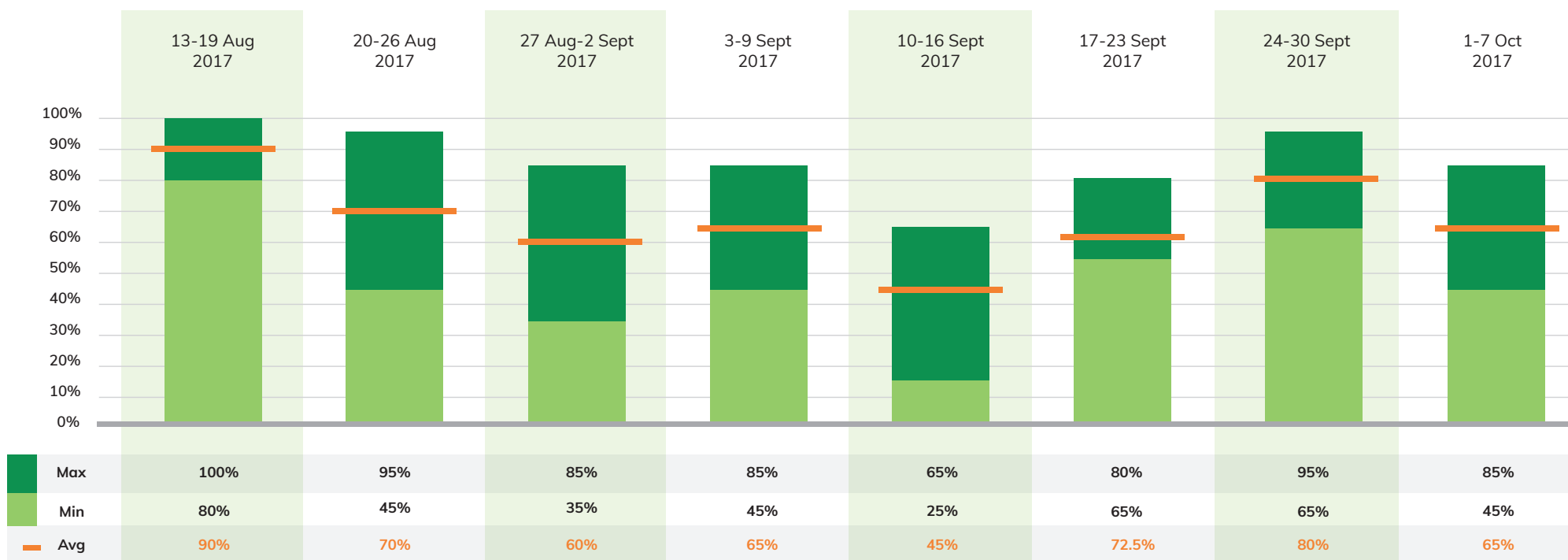
### Employee energy averages

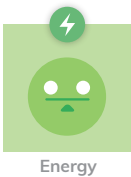
87% Average max energy

51% Average min energy

69% Average energy

### Recorded energy percentages: 13 August-7 October 2017



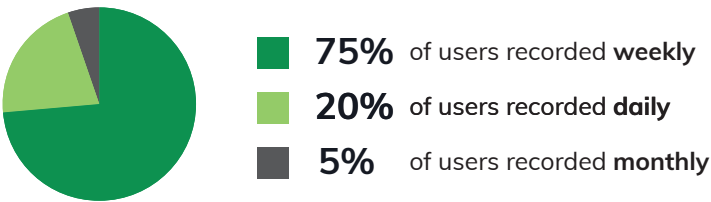


# Draining and driving report: 1-7 October 2017

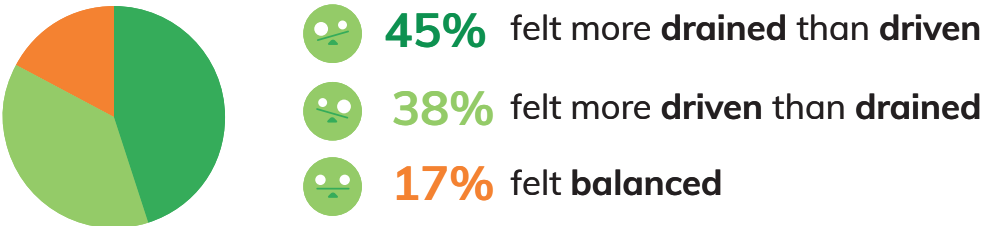
Client  
logo



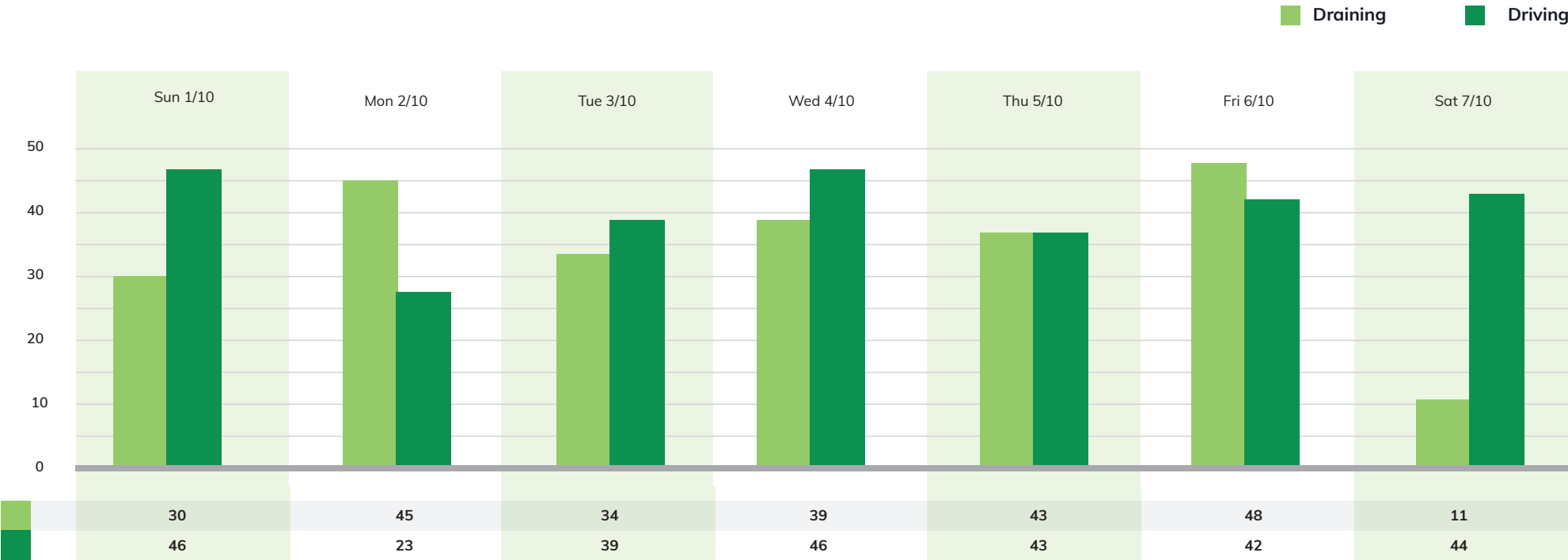
## 589 energy recordings over the past 7 days



## Employee percentages



## Average total weights draining vs. driving

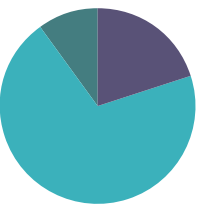




# Monitoring motivation: 1-7 October 2017

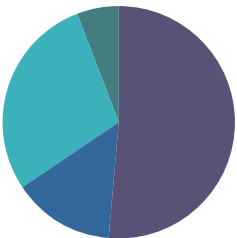


## 856 focus recordings over the past 7 days



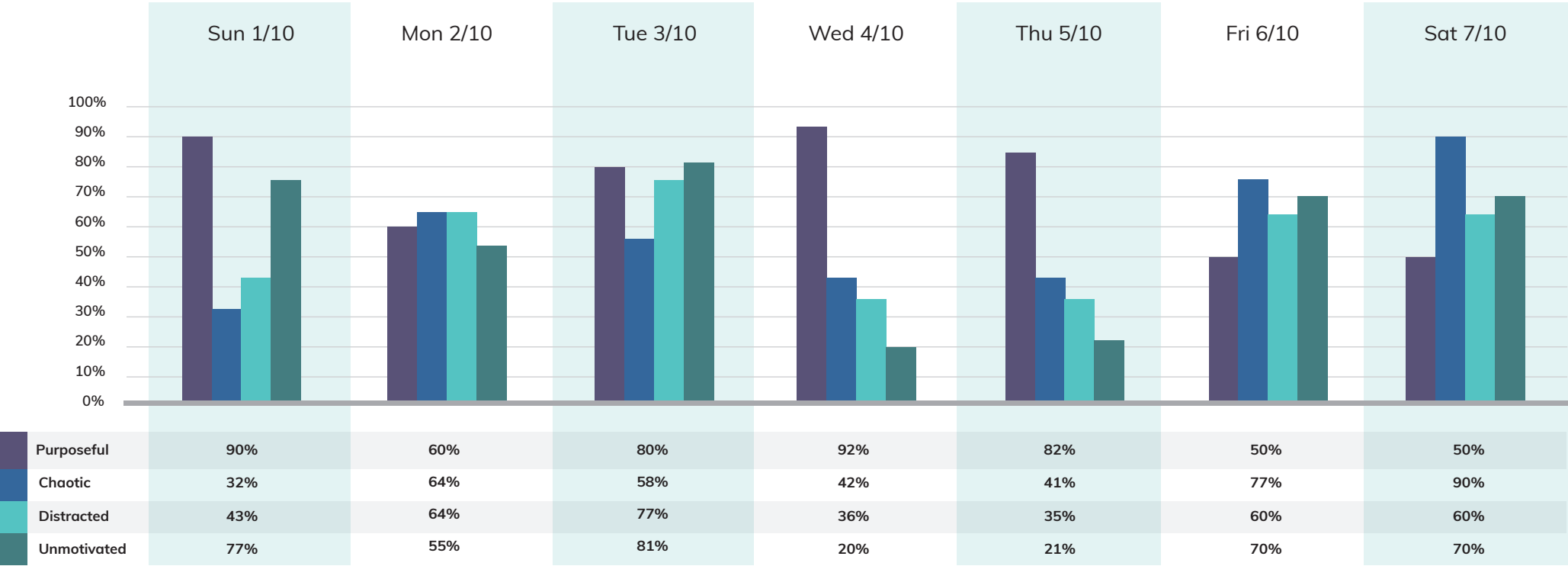
20% of users recorded weekly  
70% of users recorded daily  
10% of users recorded monthly

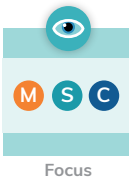
## Employee percentages



50% of time was spent feeling purposeful  
15% of time was spent feeling chaotic  
25% of time was spent feeling distracted  
10% of time was spent feeling unmotivated

## Recorded focus percentages: 1-7 October 2017



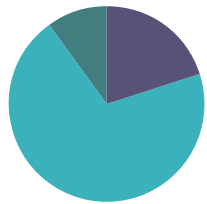


## Must do, Should do, Could do: 1-7 October 2017

Client  
logo

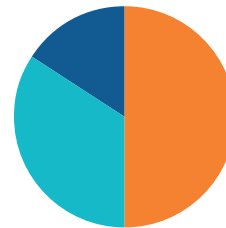


### 856 focus recordings over the past 7 days



- 20% of users recorded **weekly**
- 70% of users recorded **daily**
- 10% of users recorded **monthly**

### Employee percentages



- 51% of employees completed their **'Must-do's'**
- 35% of employees completed their **"Should-do's"**
- 16% of employees completed their **"Could-do's"**

#### MUST DO



**455** items added



**380** items checked off

#### SHOULD DO



**722** items added



**545** items checked off

#### COULD DO



**456** items added



**320** items checked off

### Popular topics

TEXT PROPOSAL EMAIL FOLLOW-UP READ SEND  
WRITE MEETING PRINT CALL EXERCISE  
APPOINTMENT CONTACT

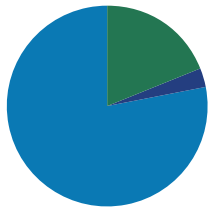


## Ikigai: 1-7 October 2017

Client  
logo

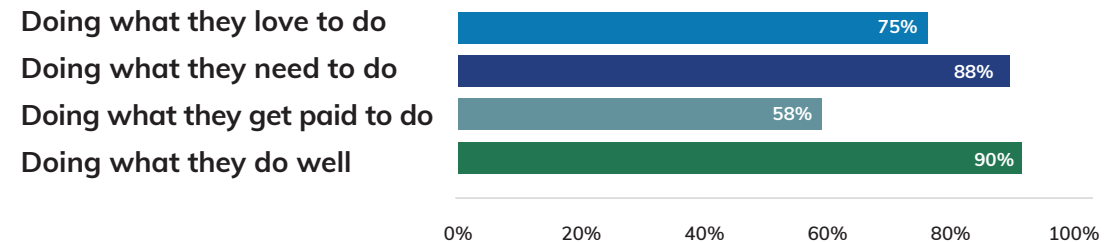


### 120 purpose recordings over the past 7 days

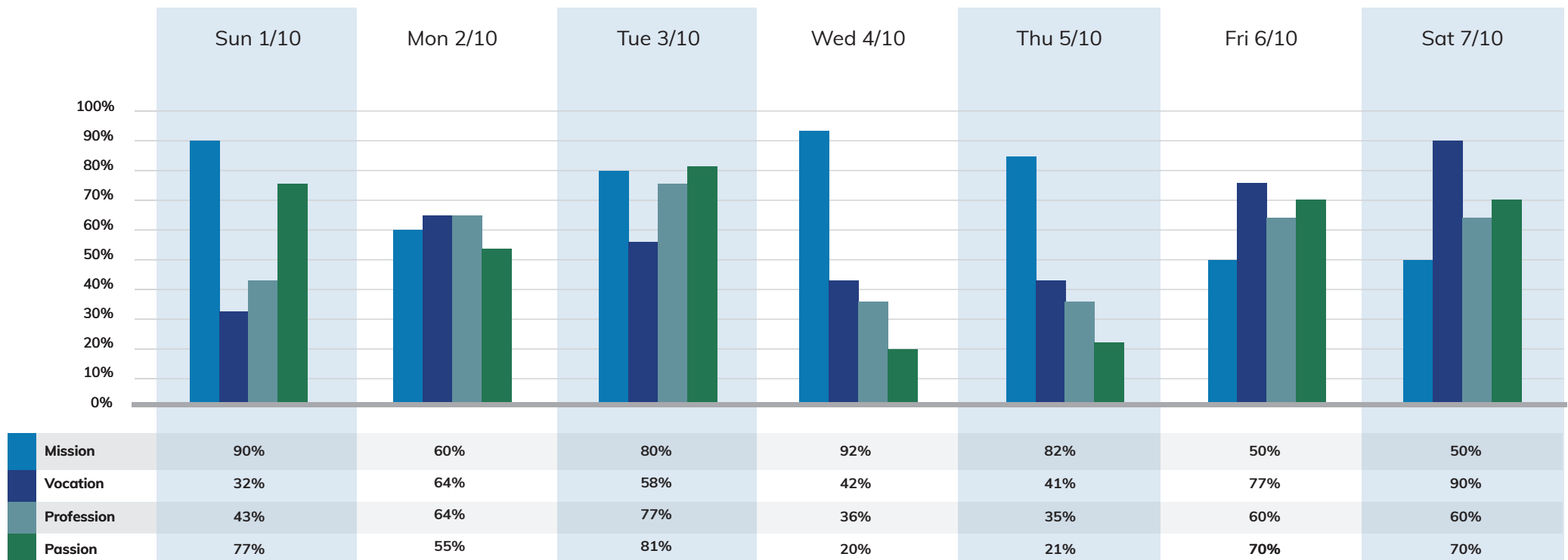


- 19% of users recorded weekly
- 3% of users recorded daily
- 78% of users recorded monthly

### Employee percentages who felt they were



### Recorded purpose percentages: 1-7 October 2017



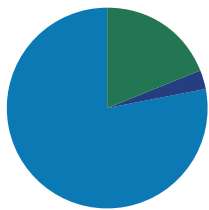


## Quality of life 1-7 October 2017

Client  
logo

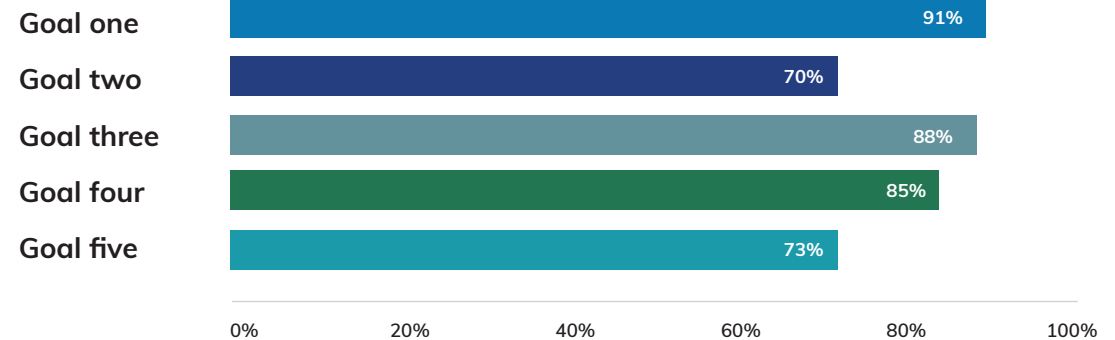


**120** purpose recordings over the past 7 days



■ **19%** of users recorded **weekly**  
■ **3%** of users recorded **daily**  
■ **78%** of users recorded **monthly**

## Goal assessment



Average accomplishment rate: **81.4%**

Common goal themes: 1-7 October 2017

PRACTISE **WORK** TIME **PERSONAL BEST**  
REST **CHILDREN** RELAXATION **FAMILY** LEARNING **FITNESS**  
FITNESS **READING** COOKING