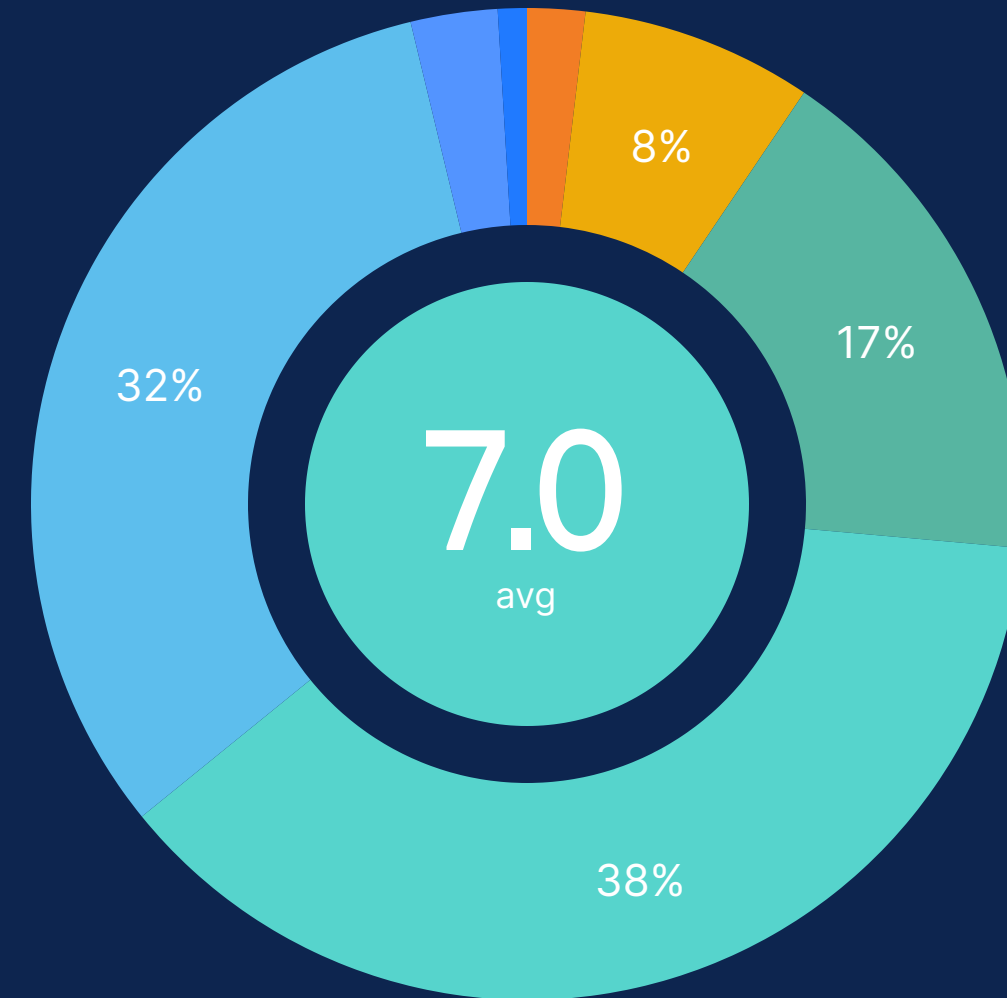


#LetsImproveWorkplaceWellbeing



October, 2021

Your Form Report



#LetsImproveWorkplaceWellbeing



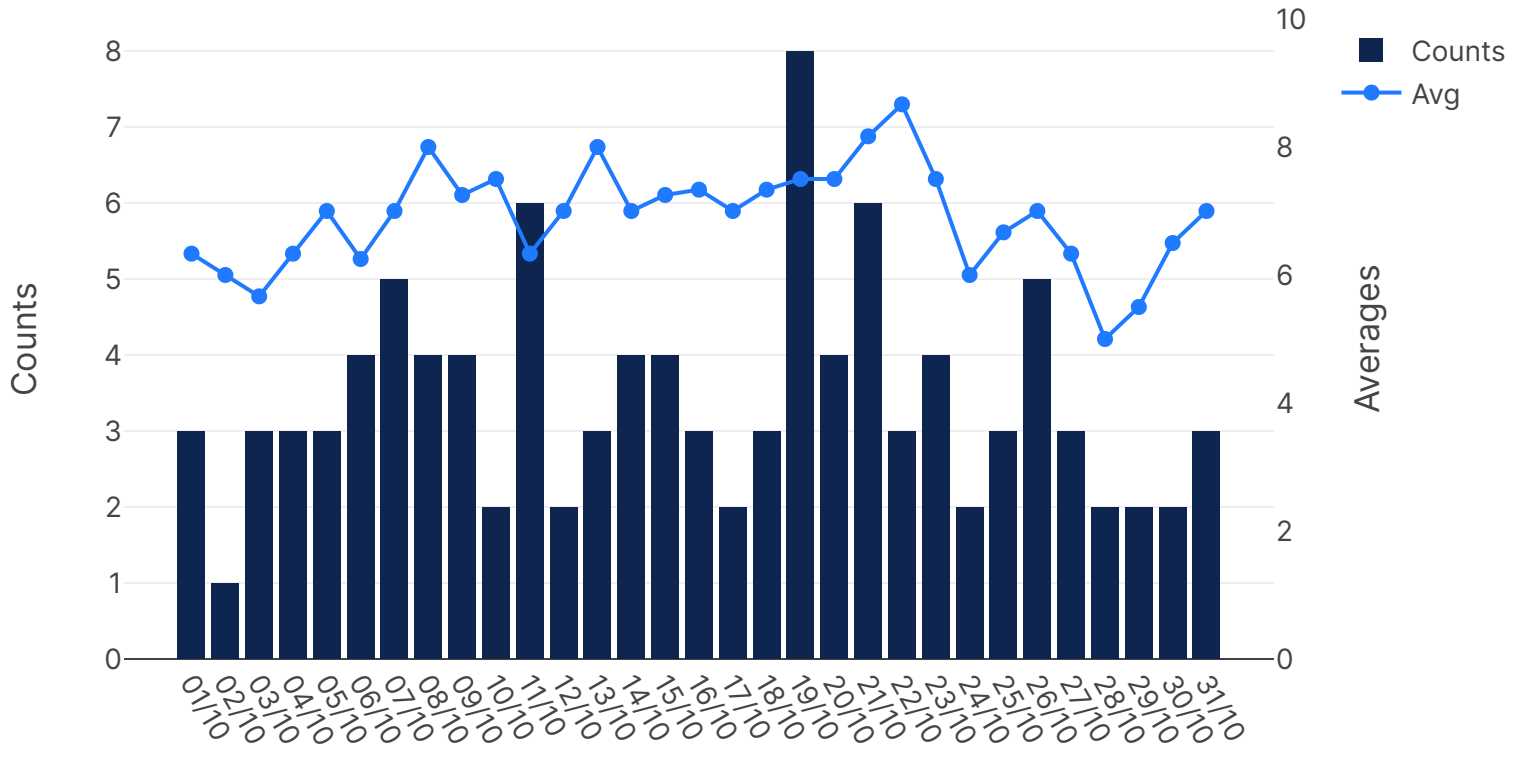
Your month in Form

- Colleagues recorded an **average FormScore** of **7.03** for **October** v **7.30** in **September**.
- You recorded **106 scores** in the month (79 last month) with **7 active users** (7 last month)
- Top three **drivers** that **boosted** your form were:
Sleep, Finances, and Nutrition
- Top three **drivers** that **boosted** your form were:
Kids, Work, and Connections.



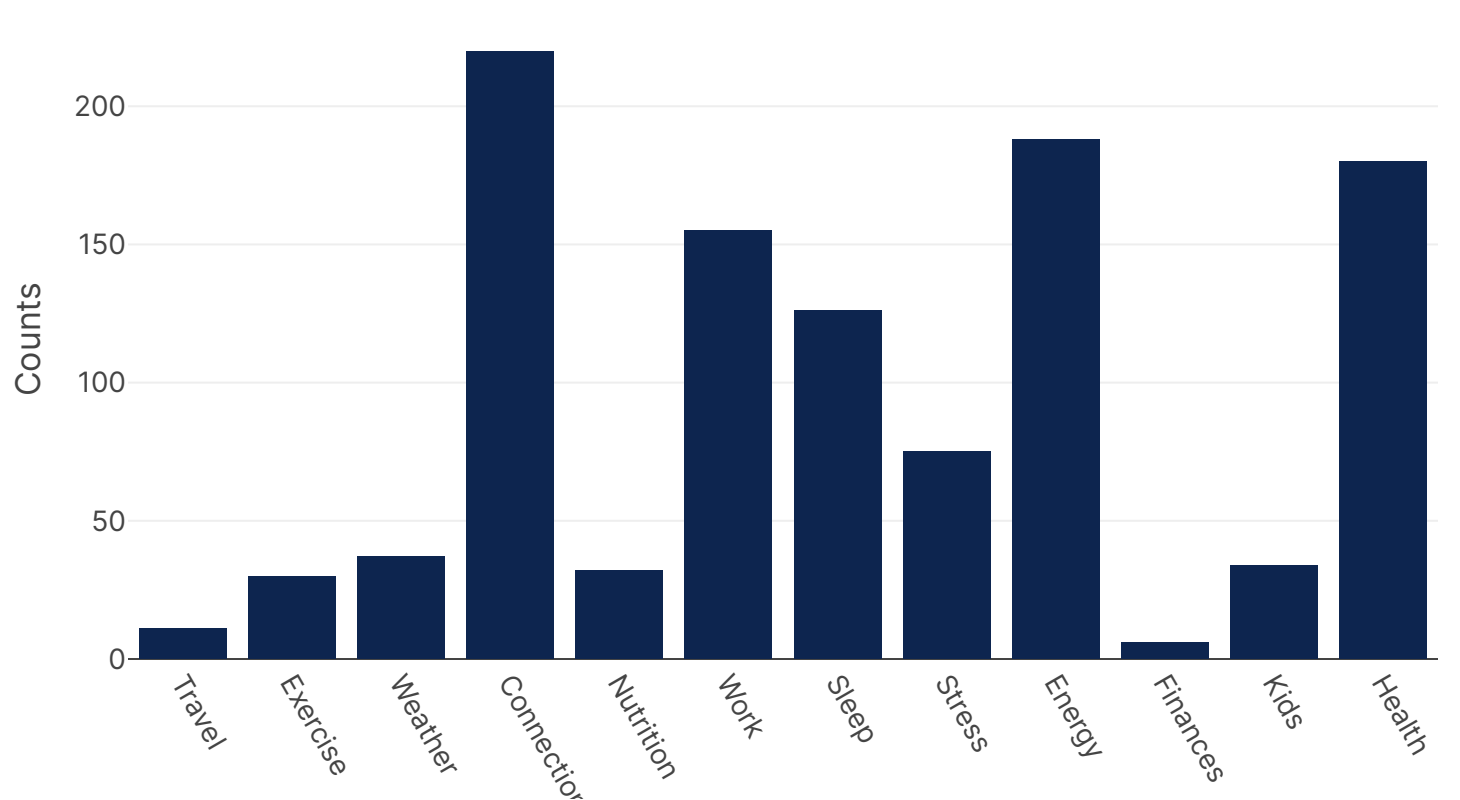
Organisation Month in form

Average Scores and Daily Scores Recorded



Average scores and scores recorded throughout the month

Driver Counts



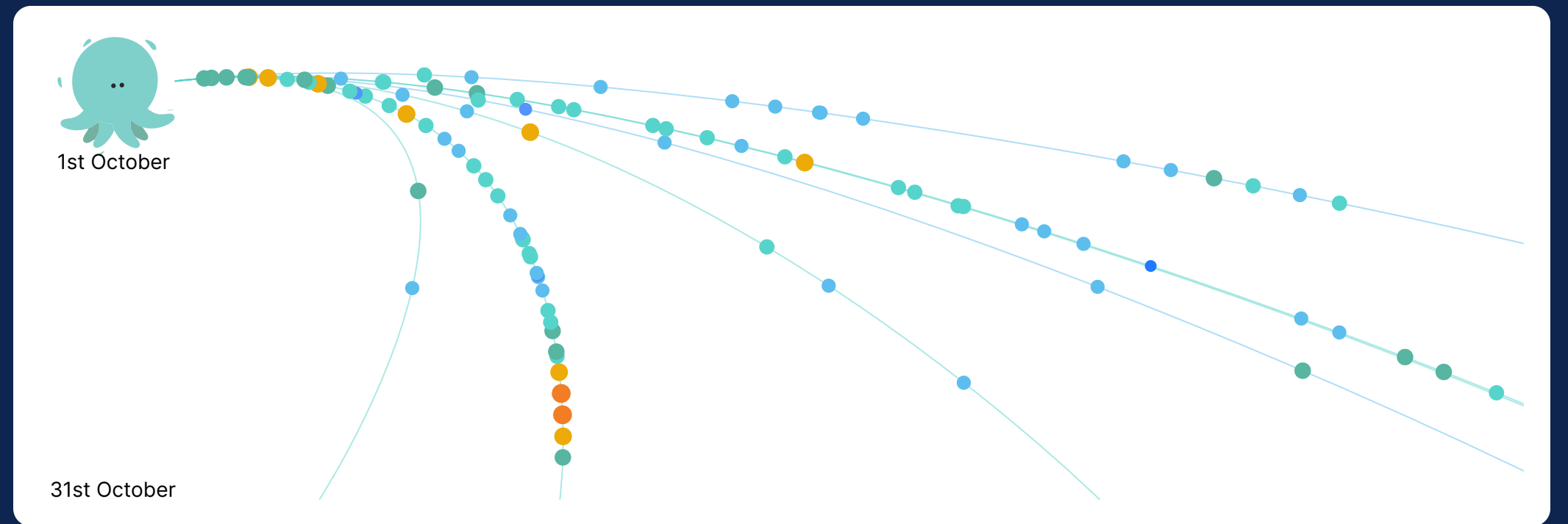
Number of times each driver was chosen throughout the month



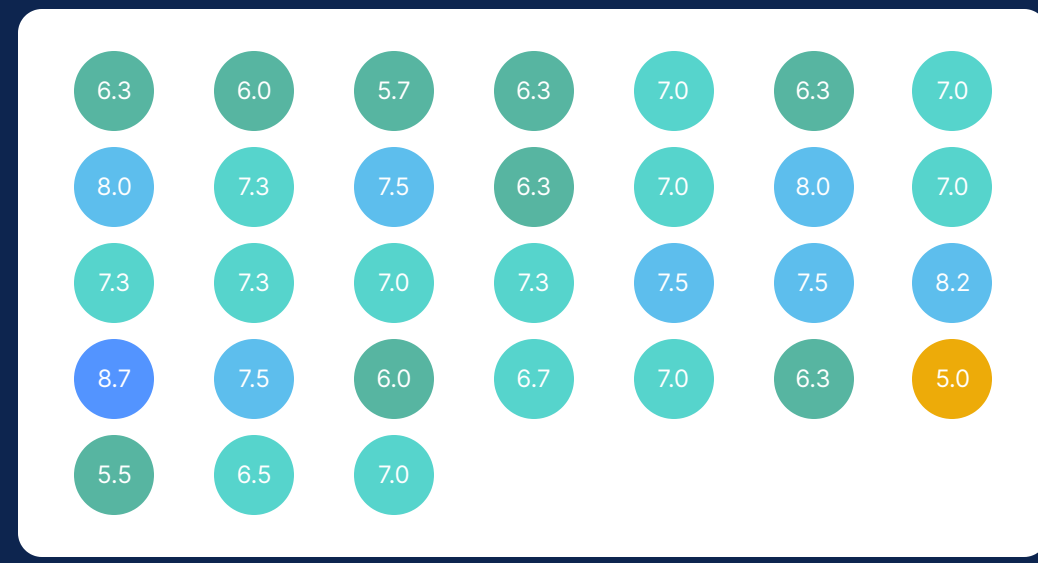
Organisational Overview

- ▲ Your highest average score was on Friday 22nd October (8.67)
- ▼ Your lowest score was on Thursday 28th October (5.00)
- ⊕ You were on **best** form on **Fridays**
- ⊖ You were on **lowest** form on **Mondays**
- ⊖ 1/10 or 2/10 were logged **0 times** during the month (See team pages for details)
- ⊕ 9/10 or 10/10 were logged **4 times** during the month (See team page for details)

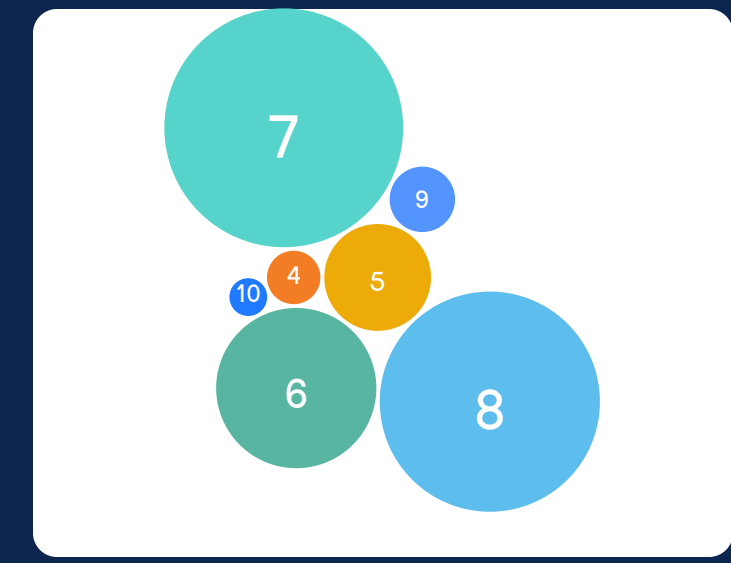
Score Visualisation - Showing the timeline of each Formster



Month Summary





Score Distribution
























Drivers of Form

- 

The most selected drivers in October were **Connections (220), Energy (188), and Health (180)**.
- 

The drivers that had the most positive impact on average Form were **Sleep (+1.28), Finances (+1.25), and Nutrition (+1.11)**
- 

The drivers that had the most negative impact on average Form were **Kids (-2.00), Work (-1.67), and Connections (-1.54)**

 Most Selected		 Draining Form		 Boosting Form	
220	Connections 	-2	Kids 	+1.28	Sleep 
188	Energy 	-1.67	Work 	+1.25	Finances 
180	Health 	-1.54	Connections 	+1.11	Nutrition 
155	Work 	-1.54	Energy 	+1.07	Exercise 
126	Sleep 	-1.32	Sleep 	+1.02	Connections 

Note: Drivers can be selected as both positive and negative influences on Form in the App.

