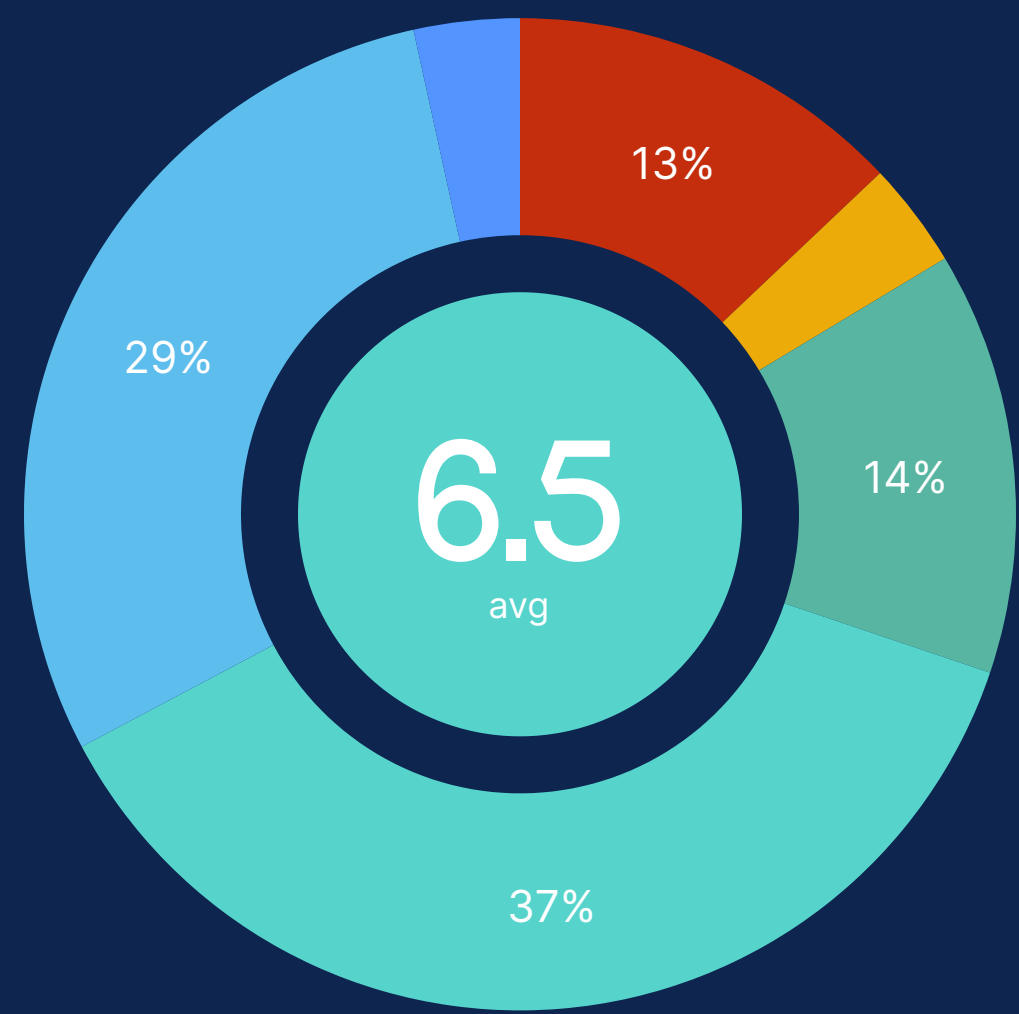




# November, 2021

## Your Form Report





## Your month in Form

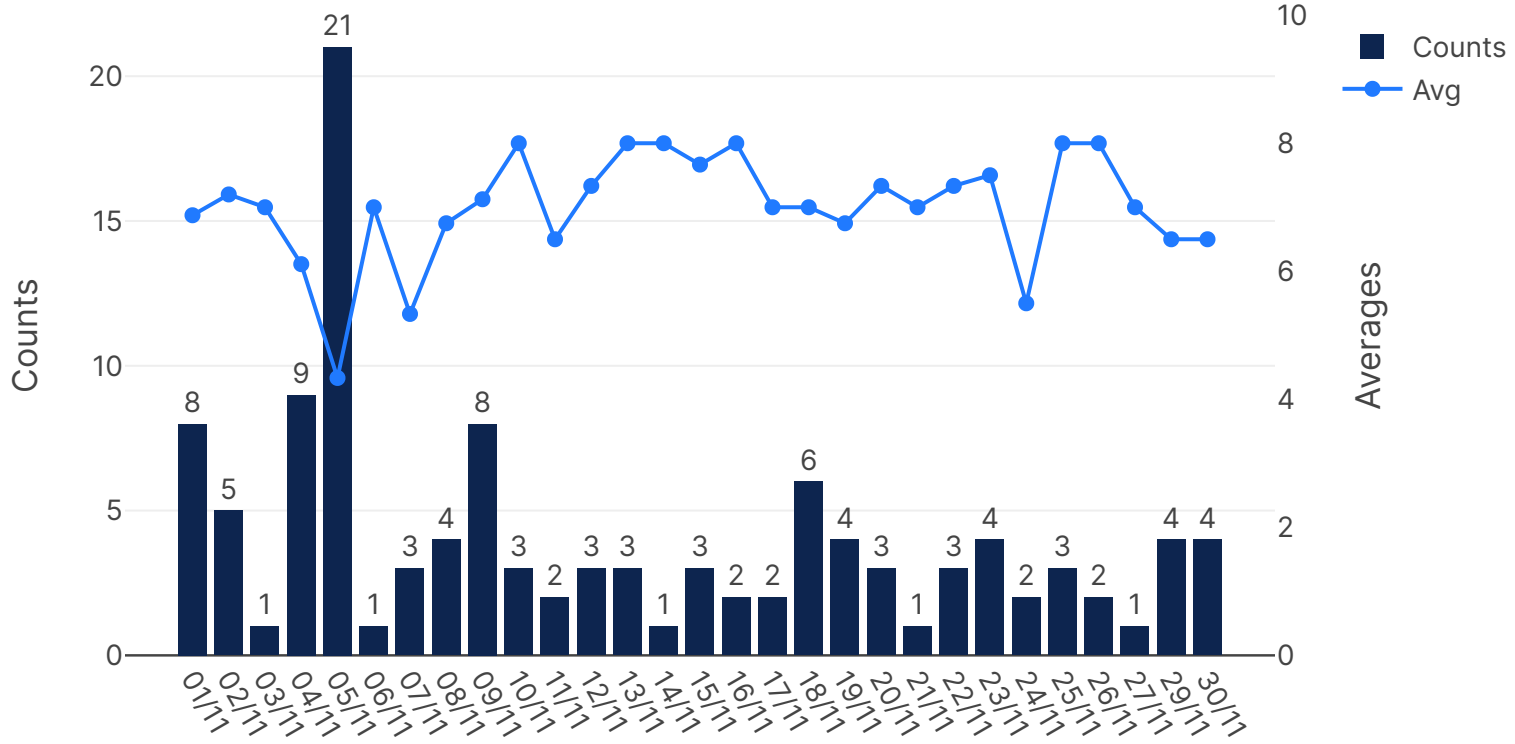
- Colleagues recorded an **average** FormScore of **6.51** for **November** v **7.03** in **October**.
- You recorded **116 scores** in the month (106 last month) with **6 active members\*** (7 last month)
- Top three **drivers** that **boosted** your form were:  
**Stress, Kids, and Health**
- Top three **drivers** that **lowered** your form were:  
**Stress, Weather, and Kids.**

\* "Active Member" is a unique member who logged a score during the month



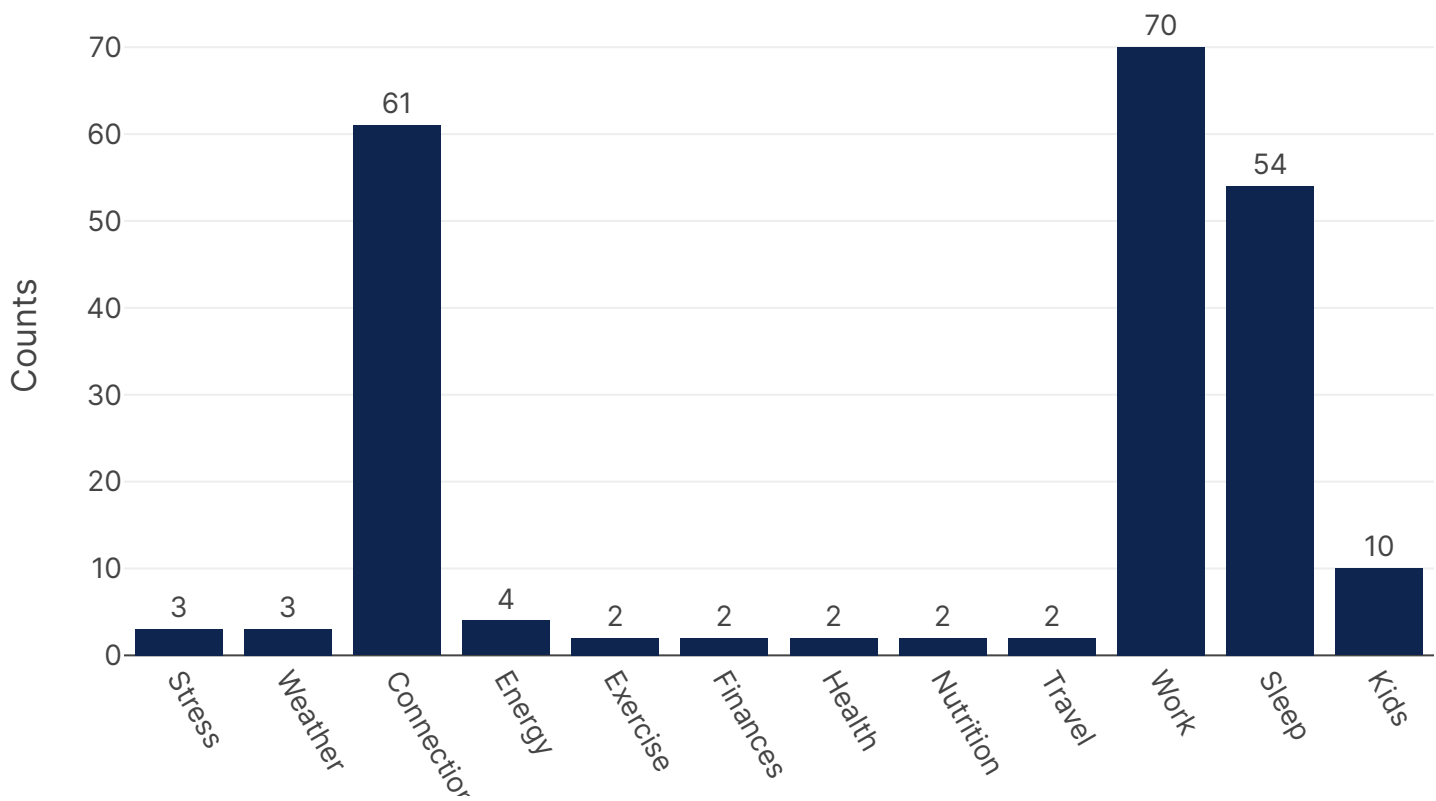
# Organisation Month in form

## Average Scores and Daily Scores Recorded



Average scores and scores recorded throughout the month

## Driver Counts



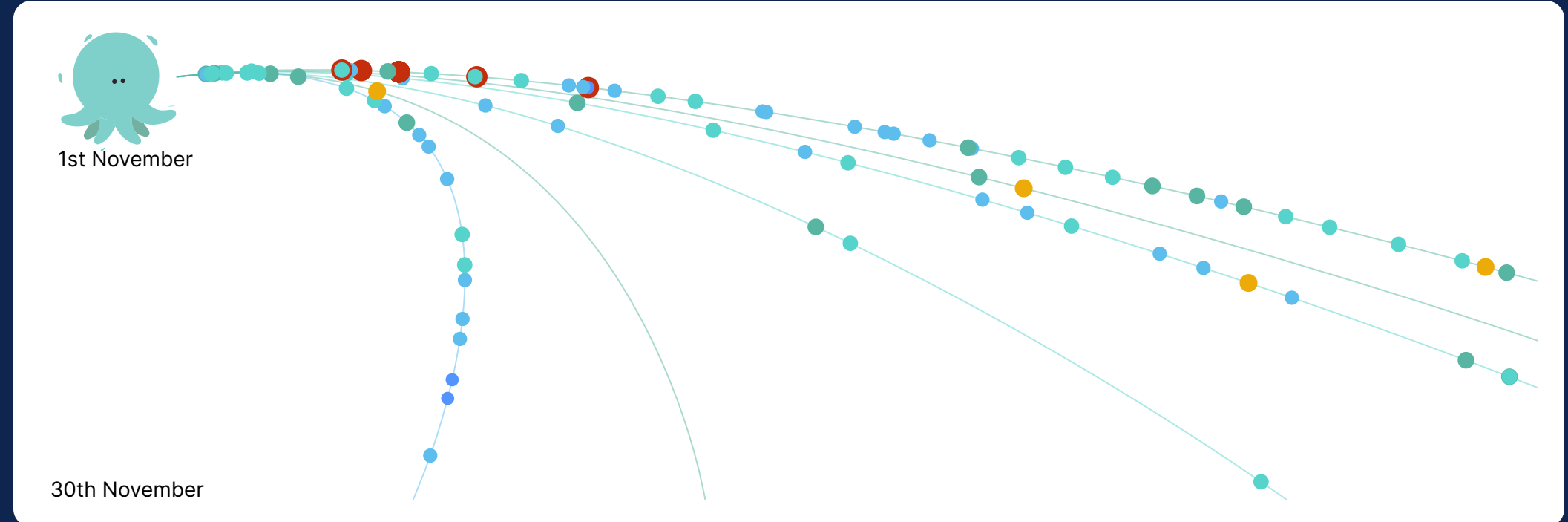
Number of times each driver was chosen throughout the month



# Organisational Overview

- ▲ Your highest average score was on Wednesday 10th November (8.00)
- ▼ Your lowest score was on Friday 5th November (4.33)
- ⊕ You were on best form on Tuesdays
- ⊖ You were on lowest form on Sundays
- ⊖ 1/10 or 2/10 were logged 15 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)

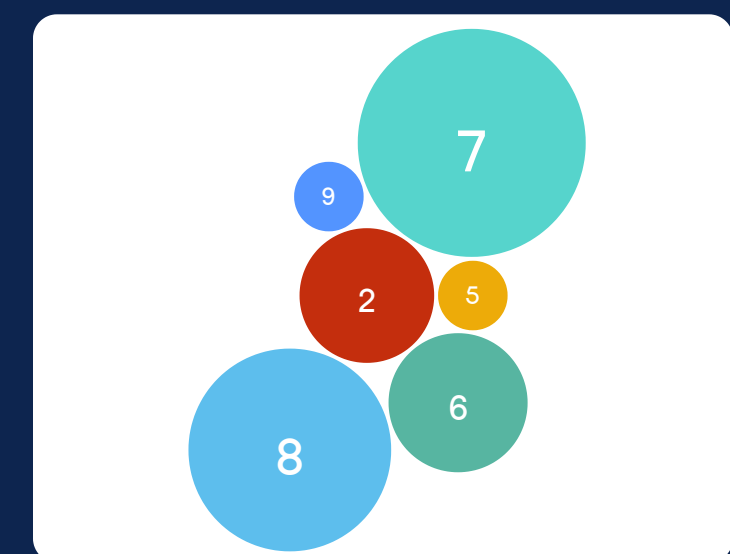
## Score Visualisation - Showing the timeline of each Formster



## Month Summary



## Score Distribution





# Drivers of Form

- ▲ The most selected drivers in November were **Work (70), Connections (61), and Sleep (54).**
- ▲ The drivers that had the most boosting impact on average Form were **Stress (+1.26), Kids (+1.23), and Health (+1.15)**
- The drivers that had the most lowering impact on average Form were **Stress (-1.64), Weather (-1.41), and Kids (-1.35)**



## Most Selected

70	Work	
61	Connections	
54	Sleep	
10	Kids	
4	Energy	



## Lowering Form

-1.64	Stress	
-1.41	Weather	
-1.35	Kids	
-1.24	Health	
-1.21	Energy	



## Boosting Form

+1.26	Stress	
+1.23	Kids	
+1.15	Health	
+1.11	Energy	
+1.1	Nutrition	

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

