

Taylor Morgan

1 May 2026 – 31 May 2026

OVERALL WELLBEING

Moderate

monthly rating

TOTAL ACTIVE

128 h

across month

DAYS IN OFFICE

7

across month

TOTAL SIMULATED

218 m

across month

AVG START TIME

7:22 am

daily average

AVG END TIME

4:51 pm

daily average

DAILY ACTIVITY

DATE	RECOVERY SCORE	ACTIVE ACTIVITY (H)	ACTIVE OFFICE TIME (H)	SIMULATED ACTIVITY (M)	AFTERHOURS ACTIVITY
Fri 1 May	● 4	12	0	0	No
Mon 4 May	● 4	6	0	0	No
Tue 5 May	● 4	5	5	93	No
Wed 6 May	● 4	0	0	48	No
Thu 7 May	● 3	4	4	0	No
Fri 8 May	● 3	7	7	0	No
Mon 11 May	● 4	12	0	0	No
Tue 12 May	● 3	4	2	0	No
Wed 13 May	● 3	8	8	0	No
Thu 14 May	● 4	4	4	0	Yes
Fri 15 May	● 3	8	0	0	Yes
Mon 18 May	● 4	4	0	0	Yes
Tue 19 May	● 3	4	4	0	No
Wed 20 May	● 3	8	0	0	No
Thu 21 May	● 3	6	0	42	No
Fri 22 May	● 3	4	0	35	Yes
Mon 25 May	● 1	7	0	0	No
Tue 26 May	● 1	4	0	0	No
Wed 27 May	● 1	8	0	0	No
Thu 28 May	● 3	7	0	0	No
Fri 29 May	● 3	6	0	0	No

REPORT NOTES

- **Overall Wellbeing:** Calculated using a combination of active time and recovery score
- **Recovery Score:** 4 = Strong recovery (regular breaks), 3 = Moderate recovery, 2 = Low recovery, 1 = Poor recovery
- Total and daily active times are rounded up to the nearest hour
- Simulated activity is recorded separately and excluded from active time calculations
- Dates are shown only for days where active or simulated activity was recorded