

Analytics

The Daily Check-in is a quick, easy to use tool designed for daily engagement, taking less than one minute to complete. It involves lifestyle-oriented questions that provide an overall Daily Lifestyle Score, integrated into an Analytics Calendar to track progress over time.

Regular use of the Daily Check-in empowers users with data-driven insights into their daily habits and choices. This fosters greater self-awareness, promotes positive lifestyle changes, and encourages proactive health and wellbeing management.



Victory Counter
06 d 0h 52m 24s

Lifestyle Analytics

Strongest: Nutrition
Most Vulnerable: Financial Health

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Goals
Completion Rate: 90 of 112 Completed
81%

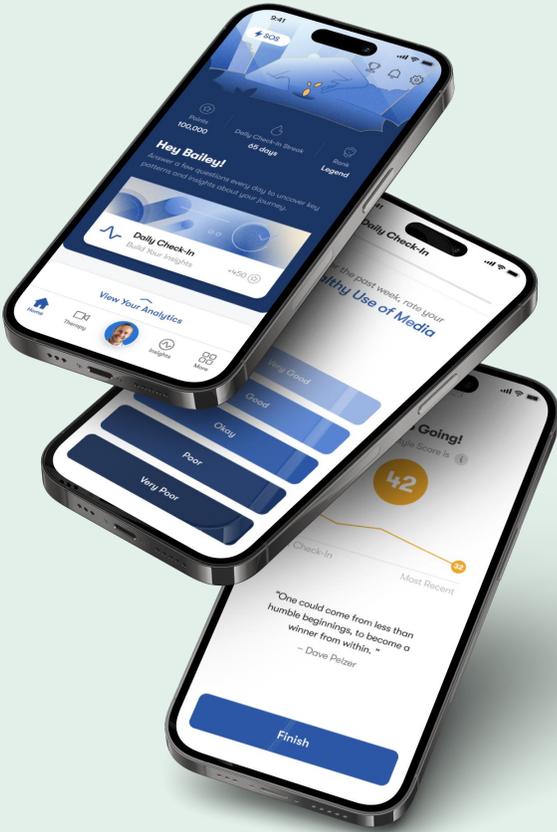
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Good Days
41

See More →

Hard Days
18

See More →



Download the Impact Suite app to discover your Analytics.



Tips for Analytics

- Use the insights to make small, positive adjustments to your lifestyle.
- Review your Daily Lifestyle Score and reflect on your habits.
- Make the Daily Check-in a part of your morning routine.