

Peak Focus Productivity Formula Calculator

Use this calculator to determine your Peak Focus Productivity Score. The formula multiplies three core productivity inputs — Time, Energy, and Execution — each adjusted by your actual Focus percentage. This helps identify where leaks in focus are reducing your overall output.

Interpretation Guide:

- 0–50: Major leaks — productivity is being heavily drained by distraction.
- 51–150: Room for improvement — focus inconsistencies are limiting your output.
- 151–300: High performance — you're working in a focused and sustainable way.
- 300+: Elite zone — strong systems and deep focus are compounding your results.

Formula:

$(\text{Time in Hours} \times \% \text{ Focus}) \times (\text{Energy Score} \times \% \text{ Focus}) \times (\text{Execution Score} \times \% \text{ Focus}) =$
Productivity Multiples

Step 1: Input Your Daily Values

Input	Value	Notes
Time (hours of scheduled work)		E.g., 8 hours
Focus % during Time		Enter as decimal (e.g., 0.75 for 75%)
Energy (1–10 scale)		Your physical/mental energy level
Focus % during Energy		Enter as decimal (e.g., 0.80 for 80%)
Execution (1–10 scale)		How strong your execution systems are
Focus % during Execution		Enter as decimal (e.g., 0.60 for 60%)

Step 2: Multiply the Values

Calculate your Peak Focus Productivity Score using the formula below:

$(\text{Time} \times \text{Time Focus}) \times (\text{Energy} \times \text{Energy Focus}) \times (\text{Execution} \times \text{Execution Focus}) = \text{Your Score}$

Final Productivity Score: _____