

Quarterly Benchmark Report

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Each quarter, ActivTrak's Productivity Lab releases employee productivity benchmarks based on aggregated data from the previous quarter. Teams can use this data to compare how they are doing and identify areas to improve or reinforce.

Metric	2021	Q3 2021	Q3 2022	+/-
Total Work Time (hours)	7.7	7.6	7.7	▲ 9 min
Productive Time (hours)	7.2	7.2	7.3	▲ 6 min
Focus Time (hours)	4.8	4.8	4.7	▼ 6 min
Collaboration Time (hours)	0.6	0.6	0.7	▲ 6 min
Multi-tasking Time (hours)	1.8	1.8	1.9	▲ 6 min
% Employees Overutilized	44%	45%	34%	▼ 24%
% Employees Healthy	51%	50%	62%	▲ 24%
% Employees Underutilized	5%	5%	4%	▼ 19%

This document is based on quantitative data collected from 56,910 users on ActivTrak's workforce analytics platform between Jan. 1, 2021–Sept 30, 2022.

About ActivTrak & The Productivity Lab

ActivTrak helps digital workforces work wiser and thrive. More than 9,000 customers and 550,000 users have deployed our workforce analytics cloud to gain insights and metrics about digital work so they can measure and optimize productivity and wellness with the employee in mind. Leveraging these innovations, the [ActivTrak Productivity Lab](#) is a global center for productivity research and expertise committed to helping organizations embrace the future of work. To learn more visit: <https://www.activtrak.com>.

Key Takeaways



Productive time increased 6 minutes per day per employee and more than 1 million productive hours overall



Employees in the healthy zone (62%) increased 24% driven by the re-engagement of underutilized employees



Underutilization dropped (-19%) indicating an increase in overall engagement



While this is a positive shift in overall employee well-being, more than one-third (34%) remain overutilized

How does your company compare?

- ✓ Compare your team's data against these benchmarks using the *Work Efficiency* and *Workload Balance* reports.
- ✓ Don't have an ActivTrak account yet? [Create a free one here](#).
- ✓ Don't see these *Insights* reports in your account? Contact your Customer Success Manager for a free upgrade trial.
- ✓ Existing customers can [schedule a benchmark assessment](#) to get tailored advice to further boost productivity.