

# The Practice Meter

This Guzinta Math lesson app comes with a Practice Meter, which is visible on the homepage as a circle with the Guzinta Math logo:

When a student first downloads the app (or deletes it and re-downloads it), this meter should appear empty as it does above. As students complete exercises, the Practice Meter goes up (100 max). If the meter is visible and less than or equal to 25, it will appear red.

Above 25, but less than 80, the meter will be bright green. And at or above 80, the meter will be bluish. **Mouse over the meter to see the current rounded-down value for the Practice Meter level.**

The Practice Meter starts when you first open the app by logging the day/time you open it. *For the first 7 days you have the app, your Practice Meter will deplete by about 54% each day. From 7 to 28 days, it will deplete by about 17% each day. From 28 to 90 days, it will deplete by about 6% each day. After 90 days, it will deplete by only 1% each day.* The border changes color depending on which “zone” you’re in (0–7 days, 7–28 days, etc.)

The Practice Meter keeps track of your practice level for this app across sessions. But it does not start remembering your practice level across sessions until you complete at least one module of the app. **And it only records increases in practice levels upon completing a module.**

The purpose of the Practice Meter is to motivate students to come back and revisit this content and complete modules at regular intervals. **Try to keep your Practice Meter out of the red (or in the blue).** It becomes easier over time to maintain your practice level above 80 or above 25, because the meter depletes much more slowly after a week, then a month, then 3 months, has passed.

Each time you reopen the app, if you have completed at least one module at some point in the past, you will see your current Practice Meter level—depleted by however much time has passed since you built it up last. The maximum you can build it up to on any session is 100.

For maximum benefit, get your Practice Meter to 100 and don’t revisit the app until your meter is in the red—then build it back up to above 80. Repeat.

