MICROSOFT 365 USAGE: ACTIVITY COUNTS

All clients

Harbour IT

PREPARED BY
Harbour IT

DATE
29 Nov 2026

CLIENTS
3

Who actually uses email, Teams, OneDrive, SharePoint and the Office apps, and when each person was last active.

Activity counts 115

What each person did in the last 30 days.

Client	Person	Emails sent	Emails received	Teams messages	Calls	Meetings
Contoso Legal LLP	annabel.fraser@contoso.example	40	300	0	0	0
Contoso Legal LLP	carol.bennett@contoso.example	12	80	15	1	2
Contoso Legal LLP	dan.redford@contoso.example	0	0	0	0	0
Contoso Legal LLP	ella.thomas@contoso.example	0	0	0	0	0
Contoso Legal LLP	erin.gallagher@contoso.example	70	500	60	1	9
Contoso Legal LLP	evie.davis@contoso.example	0	0	0	0	0
Contoso Legal LLP	jack.white@contoso.example	0	0	0	0	0
Contoso Legal LLP	jacob.johnson@contoso.example	0	0	0	0	0
Contoso Legal LLP	joseph.morris@contoso.example	0	0	0	0	0
Contoso Legal LLP	lily.harrison@contoso.example	0	0	0	0	0
Contoso Legal LLP	megan.smith@contoso.example	0	0	0	0	0
Contoso Legal LLP	noah.clark@contoso.example	0	0	0	0	0
Contoso Legal LLP	oliver.hill@contoso.example	0	0	0	0	0
Contoso Legal LLP	olivia.ward@contoso.example	0	0	0	0	0

Client	Person	Emails sent	Emails received	Teams messages	Calls	Meetings
Contoso Legal LLP	olivia.wilson@contoso.example	0	0	0	0	0
Contoso Legal LLP	owen.taylor@contoso.example	0	0	0	0	0
Contoso Legal LLP	priya.hughes@contoso.example	0	0	0	0	0
Contoso Legal LLP	rhys.evans@contoso.example	0	0	0	0	0
Contoso Legal LLP	sophie.taylor@contoso.example	0	0	0	0	0
Contoso Legal LLP	william.allen@contoso.example	0	0	0	0	0
Contoso Legal LLP	william.clark@contoso.example	0	0	0	0	0
Fabrikam Dental Group	aaron.smith@fabrikam.example	0	0	0	0	0
Fabrikam Dental Group	aisha.brown@fabrikam.example	0	0	0	0	0
Fabrikam Dental Group	amelia.jackson@fabrikam.example	0	0	0	0	0
Fabrikam Dental Group	amelia.khan@fabrikam.example	0	0	0	0	0
Fabrikam Dental Group	anna.kowalski@fabrikam.example	40	300	0	0	0
Fabrikam Dental Group	arthur.lee@fabrikam.example	0	0	0	0	0
Fabrikam Dental Group	arthur.williams@fabrikam.example	0	0	0	0	0
Fabrikam Dental Group	ava.jackson@fabrikam.example	0	0	0	0	0
Fabrikam Dental Group	ava.moore@fabrikam.example	0	0	0	0	0
Fabrikam Dental Group	ava.thomas@fabrikam.example	0	0	0	0	0
Fabrikam Dental Group	callum.turner@fabrikam.example	0	0	0	0	0
Fabrikam Dental Group	caroline.reyes@fabrikam.example	12	80	15	1	2
Fabrikam Dental Group	chloe.jackson@fabrikam.example	0	0	0	0	0
Fabrikam Dental Group	daniel.frost@fabrikam.example	0	0	0	0	0
Fabrikam Dental Group	ella.evans@fabrikam.example	0	0	0	0	0
Fabrikam Dental Group	ella.hughes@fabrikam.example	0	0	0	0	0

Client	Person	Emails sent	Emails received	Teams messages	Calls	Meetings
Fabrikam Dental Group	erin.doyle@fabrikam.example	70	500	60	1	9
Fabrikam Dental Group	ethan.jones@fabrikam.example	0	0	0	0	0
Fabrikam Dental Group	freya.evans@fabrikam.example	0	0	0	0	0
Fabrikam Dental Group	george.baker@fabrikam.example	0	0	0	0	0
Fabrikam Dental Group	george.walker@fabrikam.example	0	0	0	0	0
Fabrikam Dental Group	george.williams@fabrikam.example	0	0	0	0	0
Fabrikam Dental Group	henry.roberts@fabrikam.example	0	0	0	0	0
Fabrikam Dental Group	isla.scott@fabrikam.example	0	0	0	0	0
Fabrikam Dental Group	jack.lee@fabrikam.example	0	0	0	0	0
Fabrikam Dental Group	jack.roberts@fabrikam.example	0	0	0	0	0
Fabrikam Dental Group	jack.ward@fabrikam.example	0	0	0	0	0
Fabrikam Dental Group	leo.harrison@fabrikam.example	0	0	0	0	0
Fabrikam Dental Group	lily.khan@fabrikam.example	0	0	0	0	0
Fabrikam Dental Group	lily.watson@fabrikam.example	0	0	0	0	0
Fabrikam Dental Group	lily.white@fabrikam.example	0	0	0	0	0
Fabrikam Dental Group	megan.green@fabrikam.example	0	0	0	0	0
Fabrikam Dental Group	megan.king@fabrikam.example	0	0	0	0	0
Fabrikam Dental Group	noah.harris@fabrikam.example	0	0	0	0	0
Fabrikam Dental Group	noah.wood@fabrikam.example	0	0	0	0	0
Fabrikam Dental Group	olivia.taylor@fabrikam.example	0	0	0	0	0
Fabrikam Dental Group	oscar.smith@fabrikam.example	0	0	0	0	0
Fabrikam Dental Group	owen.khan@fabrikam.example	0	0	0	0	0
Fabrikam Dental Group	owen.patel@fabrikam.example	0	0	0	0	0

Client	Person	Emails sent	Emails received	Teams messages	Calls	Meetings
Fabrikam Dental Group	owen.robinson@fabrikam.example	0	0	0	0	0
Fabrikam Dental Group	owen.scott@fabrikam.example	0	0	0	0	0
Fabrikam Dental Group	owen.smith@fabrikam.example	0	0	0	0	0
Fabrikam Dental Group	owen.turner@fabrikam.example	0	0	0	0	0
Fabrikam Dental Group	priya.williams@fabrikam.example	0	0	0	0	0
Fabrikam Dental Group	rhys.hall@fabrikam.example	0	0	0	0	0
Fabrikam Dental Group	rhys.scott@fabrikam.example	0	0	0	0	0
Fabrikam Dental Group	rhys.walker@fabrikam.example	0	0	0	0	0
Fabrikam Dental Group	ruby.clark@fabrikam.example	0	0	0	0	0
Fabrikam Dental Group	ruby.davies@fabrikam.example	0	0	0	0	0
Fabrikam Dental Group	ruby.wood@fabrikam.example	0	0	0	0	0
Fabrikam Dental Group	thomas.allen@fabrikam.example	0	0	0	0	0
Fabrikam Dental Group	thomas.johnson@fabrikam.example	0	0	0	0	0
Fabrikam Dental Group	thomas.robinson@fabrikam.example	0	0	0	0	0
Fabrikam Dental Group	william.lewis@fabrikam.example	0	0	0	0	0
Fabrikam Dental Group	william.wood@fabrikam.example	0	0	0	0	0
Fabrikam Dental Group	zara.edwards@fabrikam.example	0	0	0	0	0
Northwind Traders	aaron.watson@northwindtraders.example	0	0	0	0	0
Northwind Traders	alfie.roberts@northwindtraders.example	0	0	0	0	0
Northwind Traders	alfie.scott@northwindtraders.example	0	0	0	0	0
Northwind Traders	amelia.watson@northwindtraders.example	0	0	0	0	0
Northwind Traders	ann.patel@northwindtraders.example	40	300	0	0	0
Northwind Traders	arthur.evans@northwindtraders.example	0	0	0	0	0

Client	Person	Emails sent	Emails received	Teams messages	Calls	Meetings
Northwind Traders	carol.mendes@northwindtraders.example	12	80	15	1	2
Northwind Traders	dan.whitaker@northwindtraders.example	0	0	0	0	0
Northwind Traders	ella.baker@northwindtraders.example	0	0	0	0	0
Northwind Traders	erin.oneill@northwindtraders.example	70	500	60	1	9
Northwind Traders	ethan.green@northwindtraders.example	0	0	0	0	0
Northwind Traders	george.roberts@northwindtraders.example	0	0	0	0	0
Northwind Traders	george.robinson@northwindtraders.example	0	0	0	0	0
Northwind Traders	grace.taylor@northwindtraders.example	0	0	0	0	0
Northwind Traders	grace.wilson@northwindtraders.example	0	0	0	0	0
Northwind Traders	hannah.patel@northwindtraders.example	0	0	0	0	0
Northwind Traders	hannah.robinson@northwindtraders.example	0	0	0	0	0
Northwind Traders	harry.lee@northwindtraders.example	0	0	0	0	0
Northwind Traders	imogen.edwards@northwindtraders.example	0	0	0	0	0
Northwind Traders	isla.evans@northwindtraders.example	0	0	0	0	0
Northwind Traders	jacob.hughes@northwindtraders.example	0	0	0	0	0
Northwind Traders	leo.evans@northwindtraders.example	0	0	0	0	0
Northwind Traders	leo.morris@northwindtraders.example	0	0	0	0	0
Northwind Traders	leo.wright@northwindtraders.example	0	0	0	0	0
Northwind Traders	maya.martin@northwindtraders.example	0	0	0	0	0
Northwind Traders	megan.lee@northwindtraders.example	0	0	0	0	0
Northwind Traders	mia.hughes@northwindtraders.example	0	0	0	0	0
Northwind Traders	olivia.scott@northwindtraders.example	0	0	0	0	0
Northwind Traders	olivia.smith@northwindtraders.example	0	0	0	0	0

Client	Person	Emails sent	Emails received	Teams messages	Calls	Meetings
Northwind Traders	owen.taylor@northwindtraders.example	0	0	0	0	0
Northwind Traders	owen.white@northwindtraders.example	0	0	0	0	0
Northwind Traders	rhys.clark@northwindtraders.example	0	0	0	0	0
Northwind Traders	rhys.moore@northwindtraders.example	0	0	0	0	0
Northwind Traders	ruby.hill@northwindtraders.example	0	0	0	0	0
Northwind Traders	ruby.taylor@northwindtraders.example	0	0	0	0	0
Northwind Traders	sophie.smith@northwindtraders.example	0	0	0	0	0
Northwind Traders	thomas.clarke@northwindtraders.example	0	0	0	0	0
Northwind Traders	zara.jackson@northwindtraders.example	0	0	0	0	0

Prepared by Harbour IT (help@harbourit.example · 0161 496 0000). Read from Microsoft 365 with read-only access; nothing was changed. Data collected 29 Nov 2026, 00:25 UTC.