

# AI Work Tracker: Monitoring Time And Productivity

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**Abstract:** Artificial intelligence changes the landscape of workplaces in the sense that it provides innovative ways to track employees as well as increase productivity. This review paper reports on recent breakthroughs with regard to AI innovations applied for real-world environments to monitor and upgrade productivity. Here, the four key research fields studied are monitoring stress through computer vision, predicting performance using a tool in ML, analysis via IoT, and time tracking through computer vision in industrial working environments.

Each of the solutions holds exceptional promise to enhance workplace effectiveness, safety, and worker well-being. However, there are essential issues that emerge: data privacy, the scope of industries, and ethical concerns. Following this literature review, the integration of current research brings out the strengths, weaknesses, and future prospects for AI solutions in employee monitoring. The results underscore the possibilities of these technologies as both potentially positive or negative for organizational performance and a work environment conducive to nurturing under proper application.

**Keywords:** Artificial Intelligence, Productivity, Time Management, Work Monitoring, Task Tracking