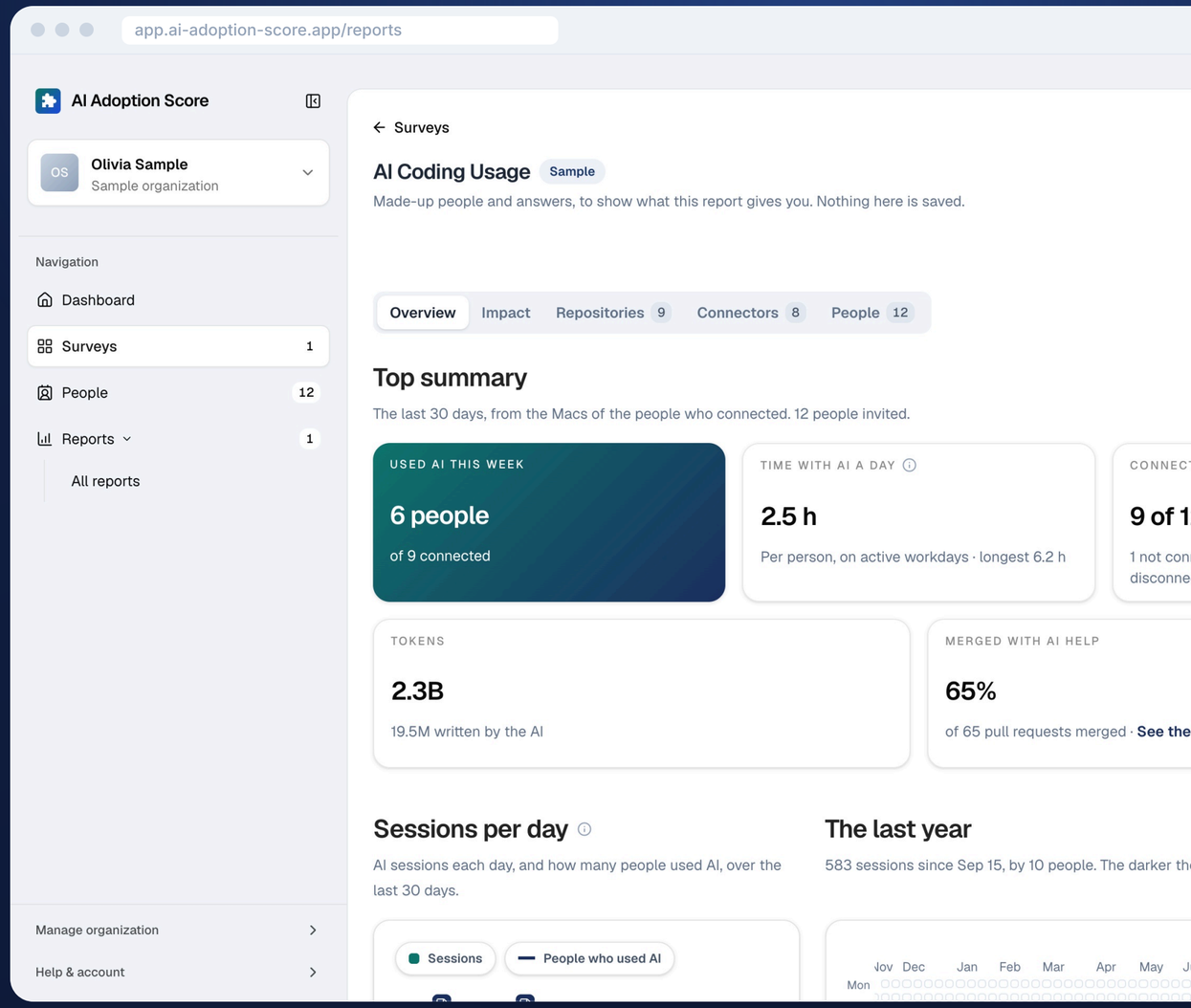
AI Adoption Score

AI Coding Usage

How engineers really use Claude Code and Codex. Measured, not self-reported.

ai-adoption-score.app



Report overview · November 2026

WHAT IT IS

Surveys ask people how they use AI. This one measures it.

SENT AFTER EVERY SESSION

What it counts

Sessions
Each Claude Code or Codex session, and the days people used AI

Repositories
The project each session ran in

Tools
Claude Code or Codex

Connectors
The tools the AI called, such as GitHub or Linear

NEVER LEAVES THEIR COMPUTER

What stays private

- **Prompts and the AI's answers**
- **Code and file names**
- **The text of commands**
- **Session titles**

Every person sees what is shared before they connect, **chooses which repositories to share**, and can stop at any time.

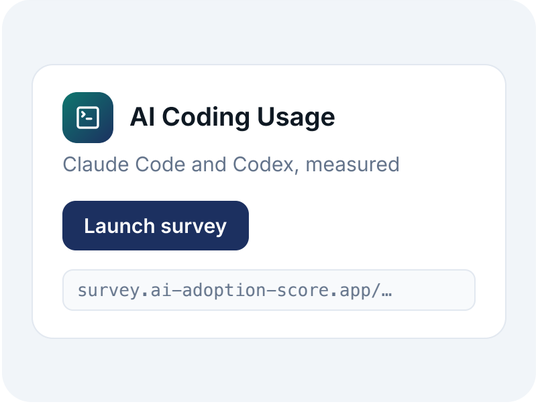
HOW IT WORKS

Connect once. Then plug and watch.

1

Launch it

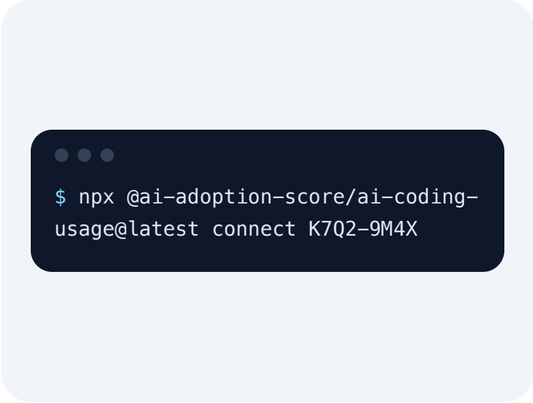
Like any survey: send the link to your engineers.



2

Paste one line

In Claude Code, Codex or Terminal. About two minutes, once.



3

Choose repositories

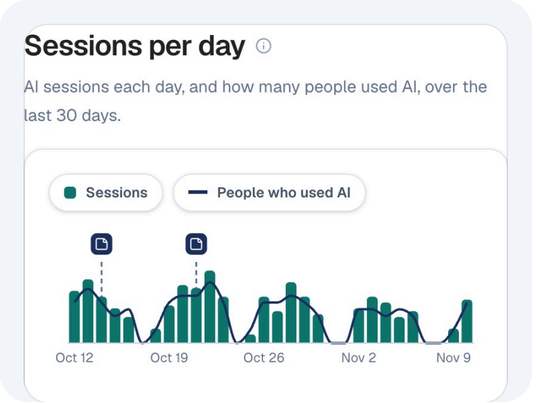
All ticked at first. Untick any to keep to yourself.



4

Plug and watch

Each session's numbers arrive when it ends. The report fills in by itself.



Up to 90 days of history are shared when someone connects

Anyone can disconnect at any time

THE REPORT

From the whole team down to one person

2
tools: Claude Code and Codex

1
line to connect, once

90
days of history, at most, when someone connects

0
manual steps once connected

Overview
The whole team: who uses AI, how often, when and where

Impact
With GitHub: what AI use did to commits and pull requests

Repositories
Every repository people chose to share

Connectors
Every tool the AI called, such as GitHub or Linear

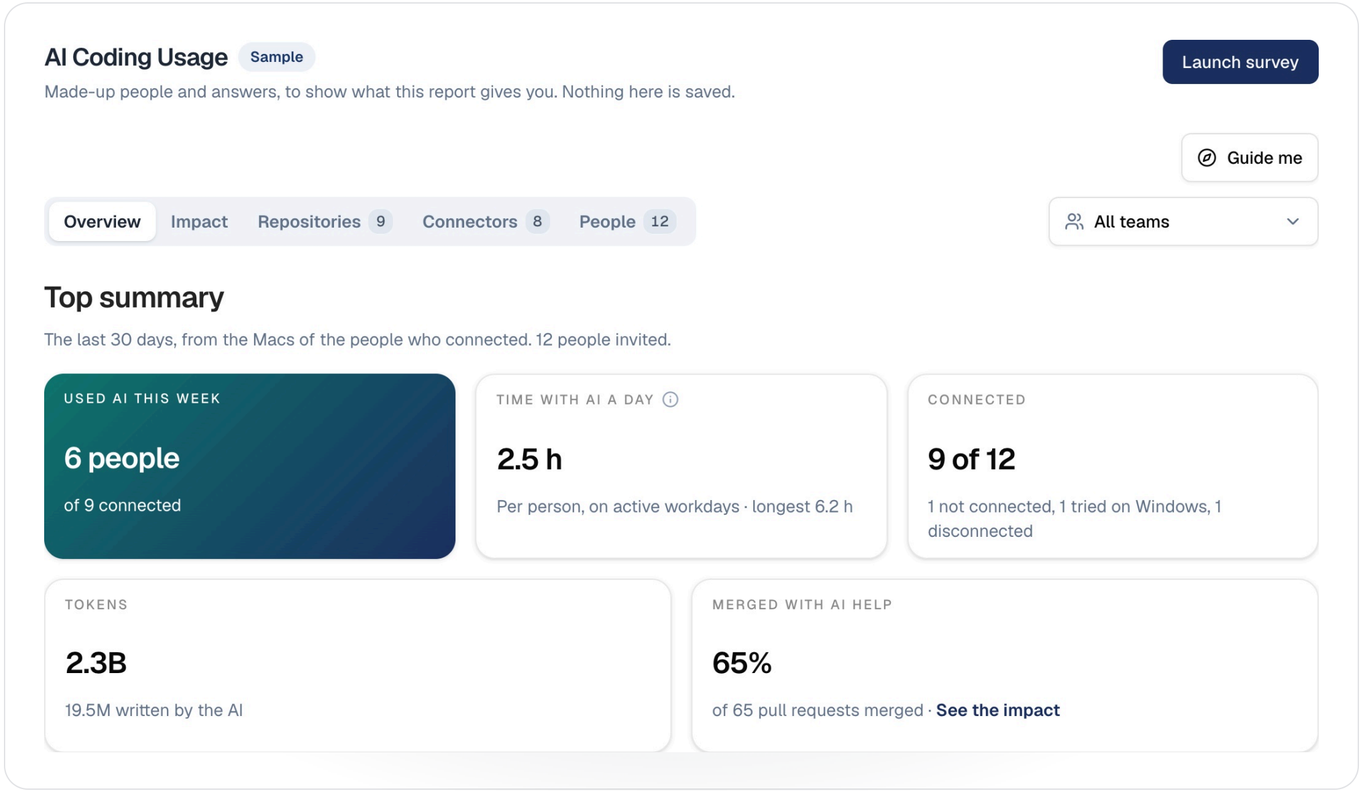
People
Everyone invited, and a page for each person

OVERVIEW

Who uses AI, and how much

The top of the report, over the last 30 days.

- Who used AI this week, out of everyone connected
- Time with AI a day, on active workdays
- Who connected, out of everyone invited
- With GitHub: pull requests merged with AI help



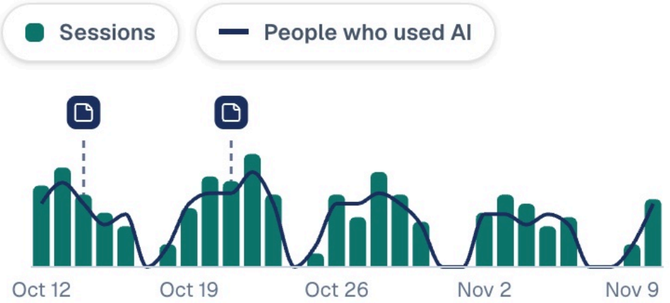
OVERVIEW

Every day, and the whole year

Sessions each day with how many people used AI, and a square for every day of the last twelve months.

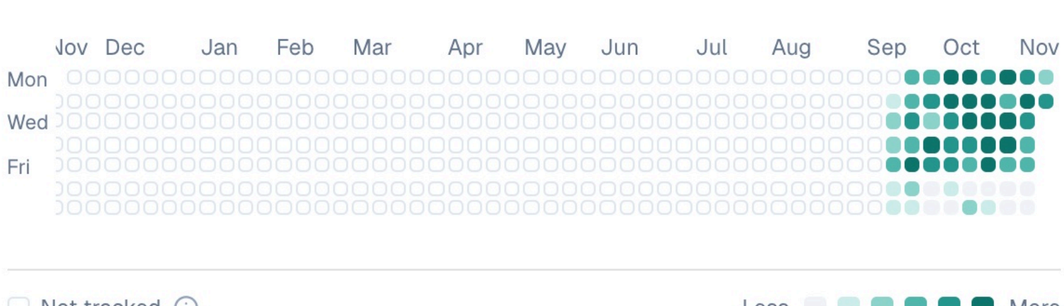
Sessions per day

AI sessions each day, and how many people used AI, over the last 30 days.



The last year

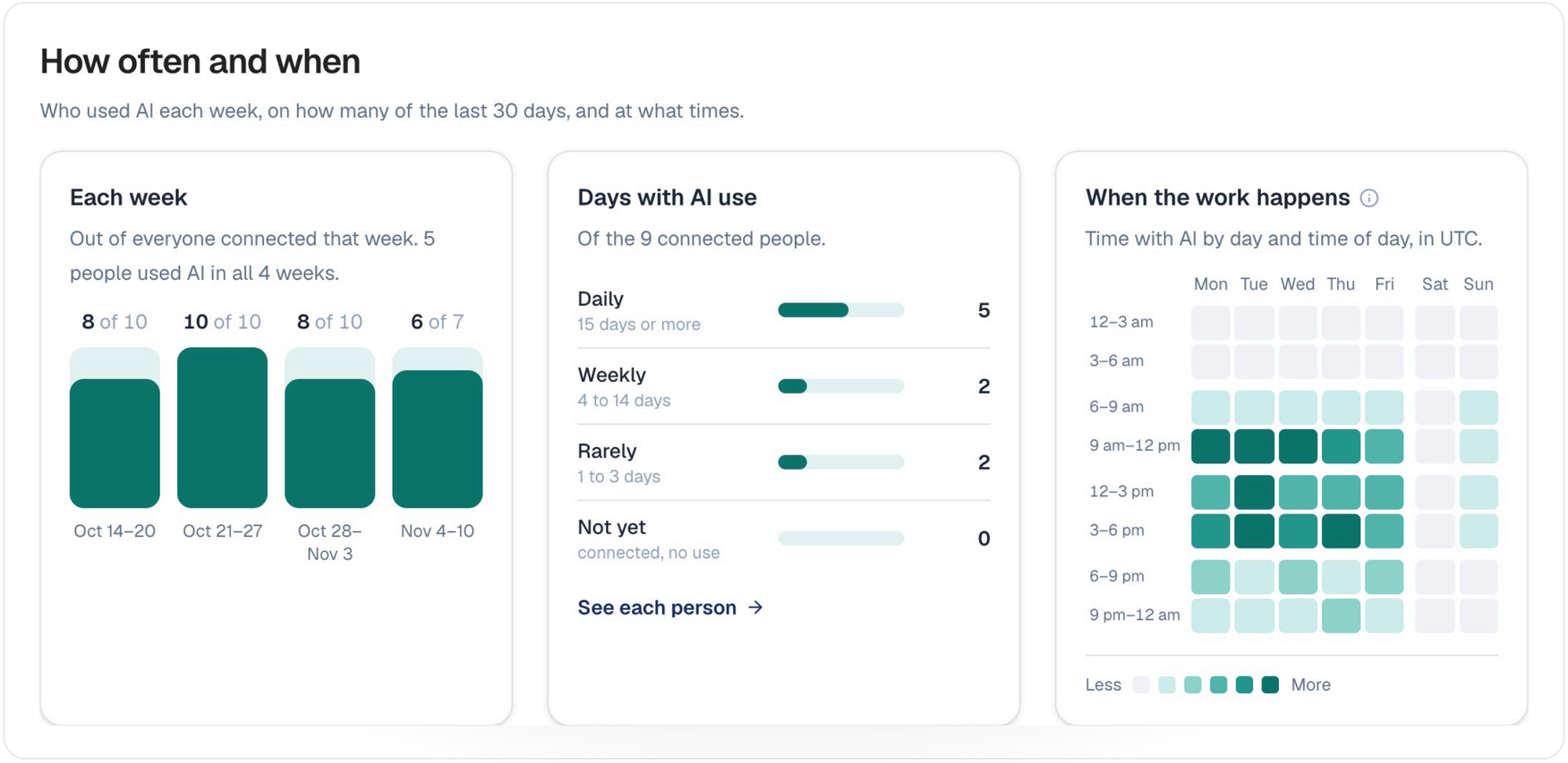
583 sessions since Sep 15, by 10 people. The darker the square, the more sessions.



OVERVIEW

How often, and when

People using AI each week, how many days they use it, and the hours the team works with it.



OVERVIEW

Who leads, and who may need help

The most days with AI: who could help others. The fewest: who may need a hand. For everyone, or for one team.

Most and least use

Who used AI on the most days and on the fewest, and who used far more or far less than the average: who could help others, and who may need help.

Most days with AI

Marco Sample 66 sessions		**21** of 30 days
Anna Sample 72 sessions		**20** of 30 days
Lena Sample 46 sessions		**18** of 30 days

Fewest days with AI

Yusuf Sample 3 sessions		**2** of 30 days
Olga Sample 3 sessions		**2** of 30 days
Tom Sample 16 sessions		**11** of 30 days

OVERVIEW

Where the work happens

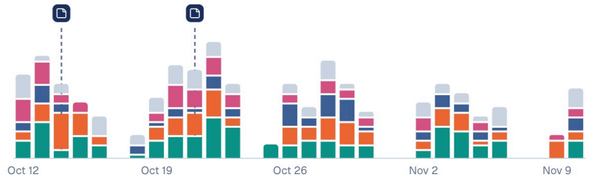
The busiest repositories: their sessions each day, and the effort a commit took each week. Beside them, the connectors the AI called most.

Where the work happens

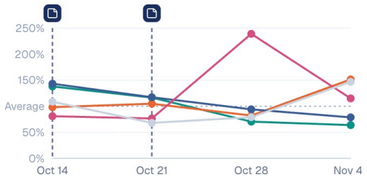
The repositories with the most sessions, out of the ones people chose to share: their sessions each day, and the time and cost a commit took each week.

All repositories →

SESSIONS EACH DAY



EFFORT PER COMMIT, EACH WEEK



sample-organization/web-app	99 sessions · 6 people	44 min · $5.02 a commit
sample-organization/api	80 sessions · 3 people	45 min · $2.75 a commit
sample-organization/design-system	50 sessions · 2 people	24 min · $2.71 a commit
sample-organization/mobile-app	49 sessions · 2 people	1.1 h · $8.39 a commit
Other repositories	5 repositories	2.2 h · $6.58 a commit

Connectors

The tools the AI reached through connectors, such as Linear or GitHub, by calls in the last 30 days. 43% of sessions used at least one.

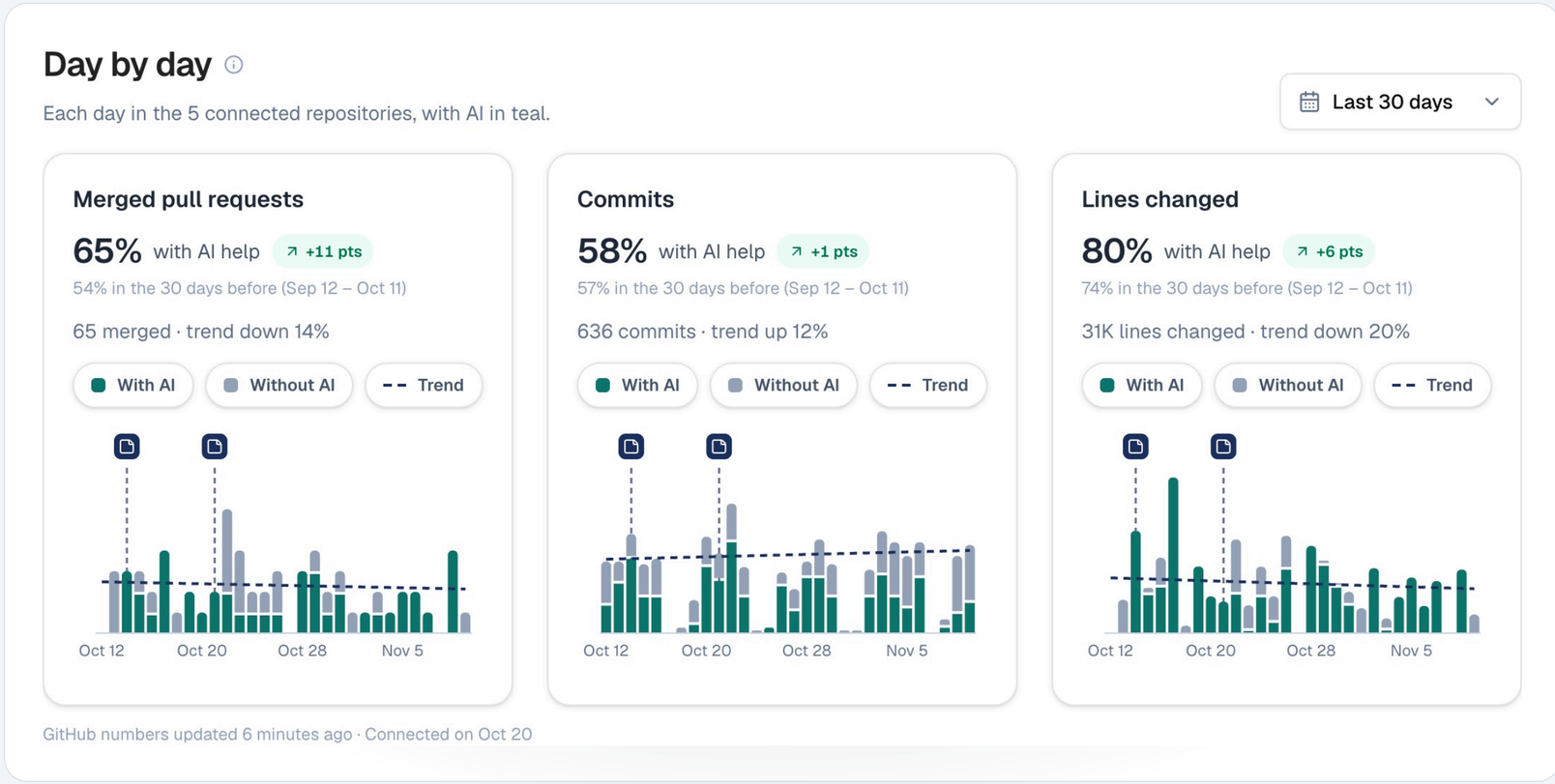
All connectors →

GitHub	4 people · 41 sessions	164 calls
Sentry	2 people · 25 sessions	121 calls
Slack	2 people · 23 sessions	108 calls
Linear	3 people · 27 sessions	99 calls
Figma	2 people · 19 sessions	80 calls
Jira	1 person · 7 sessions	39 calls
Notion	2 people · 8 sessions	35 calls
Datadog	1 person · 6 sessions	34 calls

IMPACT · WITH GITHUB

What AI use does to the work on GitHub

Connect GitHub once, read-only. Merged pull requests, commits and lines changed each day, with AI help in teal.

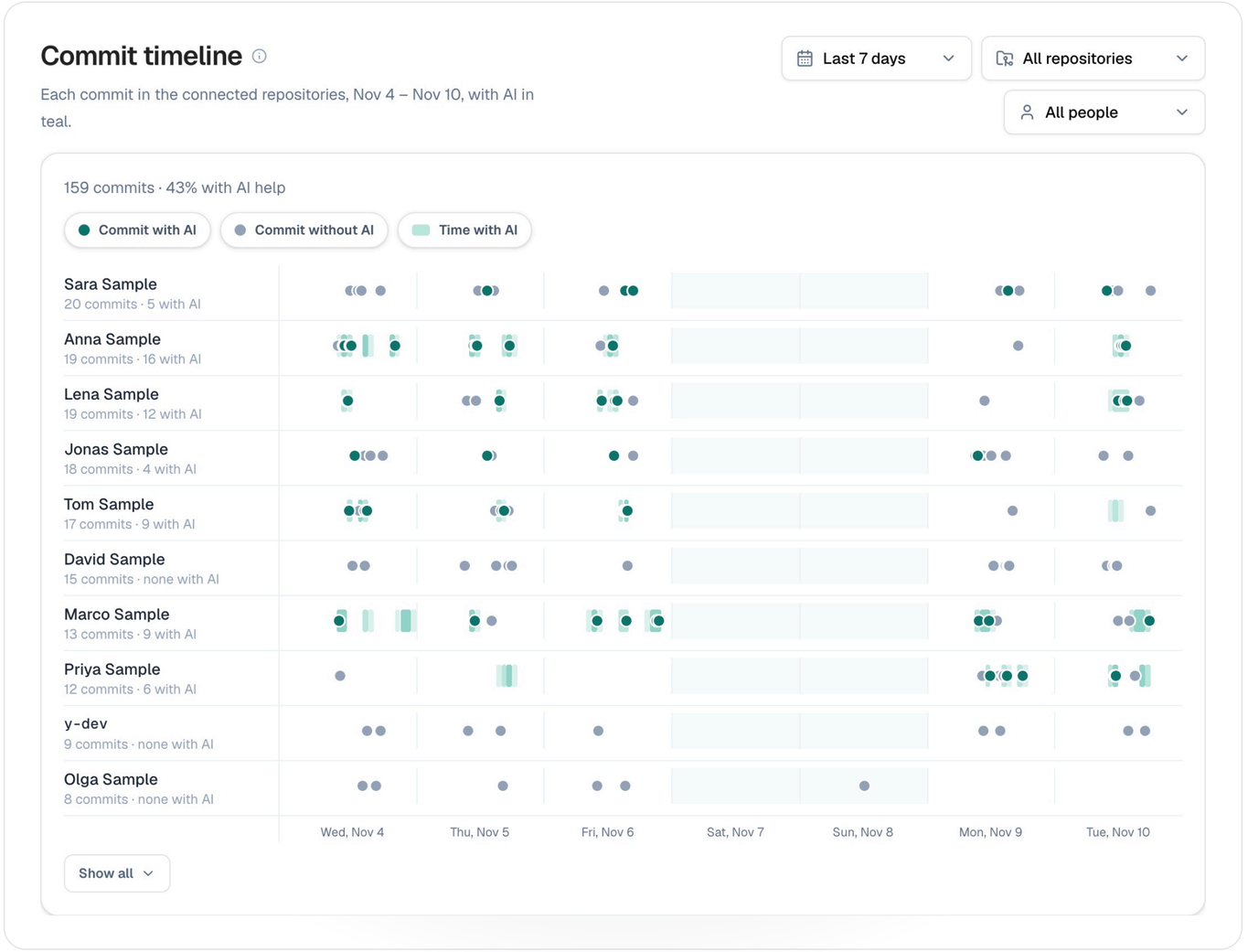


IMPACT

Every commit, on a timeline

Each commit on its person's line, teal with AI help, over a band of their time with AI.

- Point at a dot to see the commit
- Pick the days, repositories or people



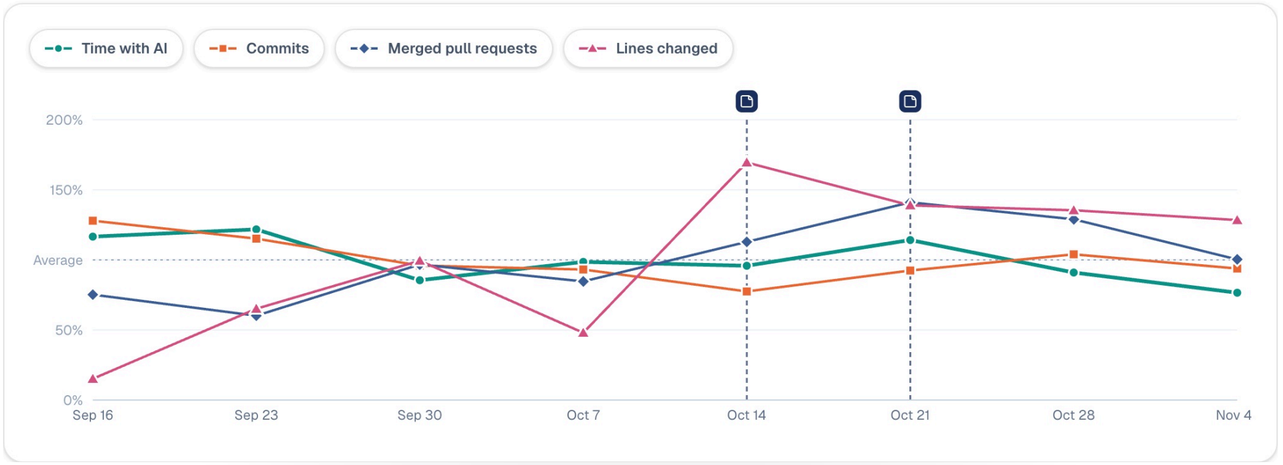
IMPACT

Do AI and the work move together?

Week by week, time with AI next to the work on GitHub. Then how far the work of AI sessions got: a commit, a pull request, merged.

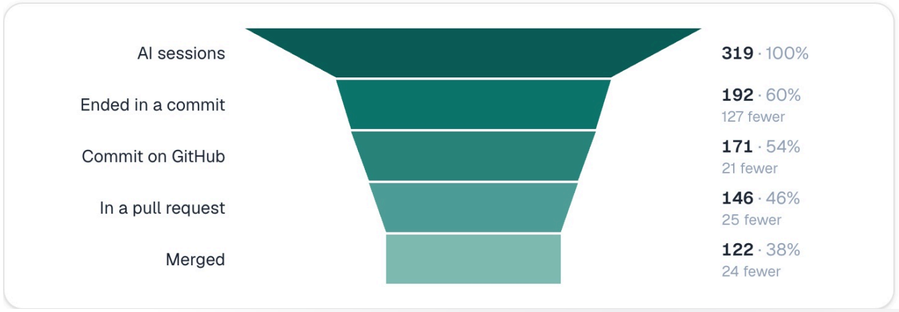
Week by week

Time with AI next to the work on GitHub, an average person each week (Sep 16 – Nov 10).



From AI session to merged

AI sessions in the connected repositories, Oct 12 – Nov 10, and how far their work got.



ENDED IN A COMMIT

60%

Of 319 AI sessions in connected repositories.

REACHED A MERGE

64%

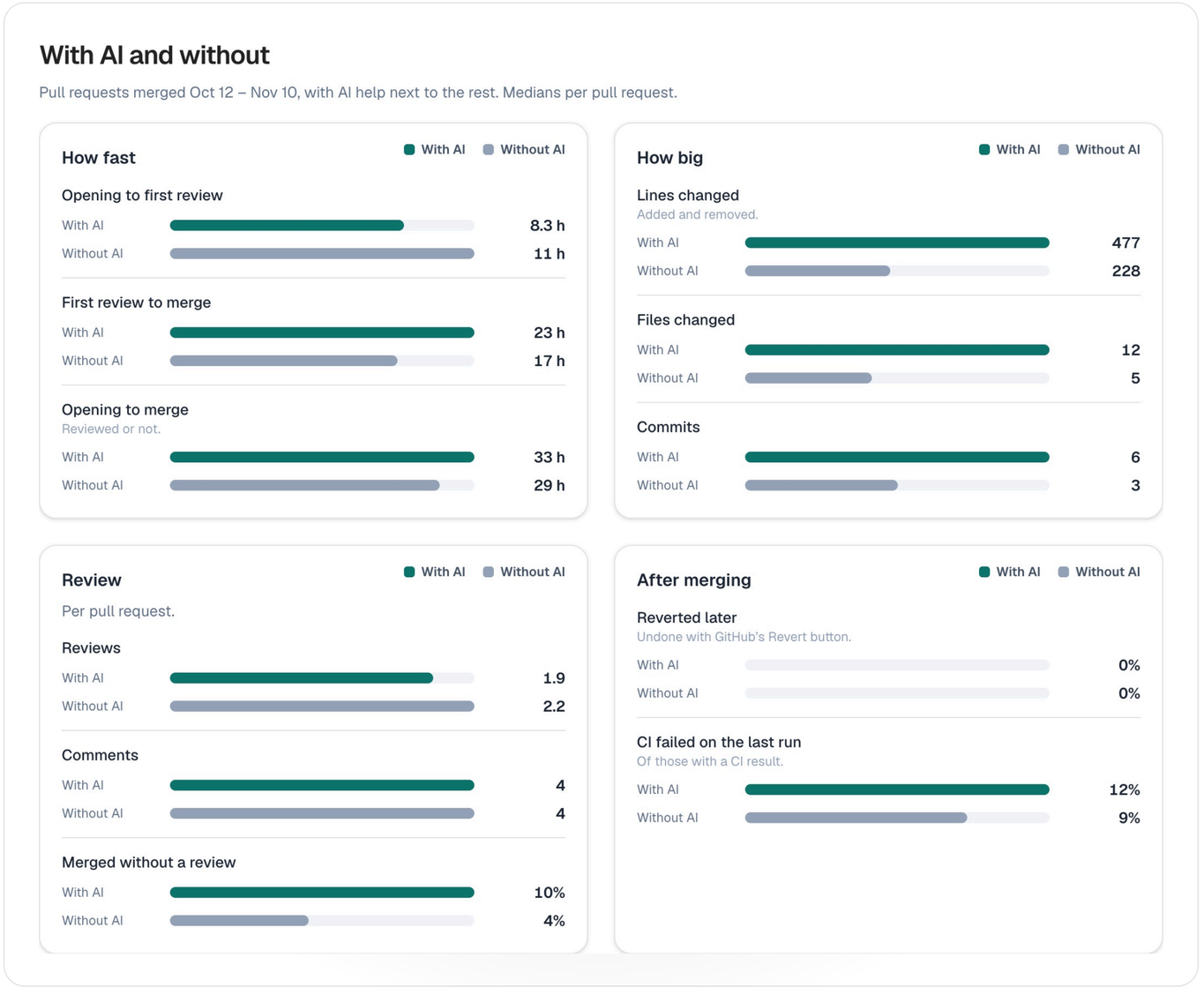
Of the AI sessions that ended in a commit.

IMPACT

Pull requests with AI and without

How fast and how big they are, their review, and what happened after merging.

- Time to first review and to merge
- Lines, files and commits per pull request
- Reverts and failed checks after merging

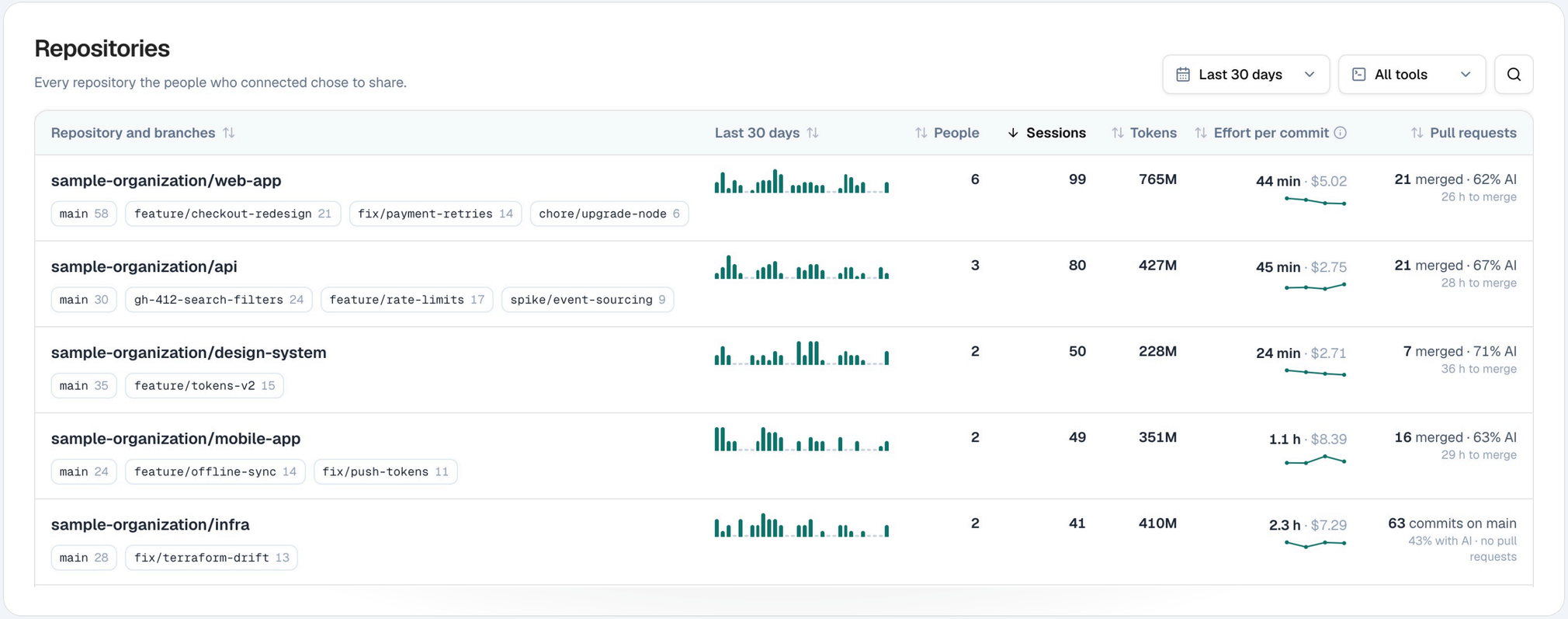


REPOSITORIES

Every repository people chose to share

Its days, branches, people and sessions, its effort per commit, and its pull requests once GitHub is connected.

Sort by any column · Filter by days and tool · Connectors get the same list



PEOPLE

Everyone invited, at a glance

A status for each person, their team, their last 30 days and their pull requests.

Filter by team, status, days or tool | No signal is a gap, not a zero | Open anyone for their own page

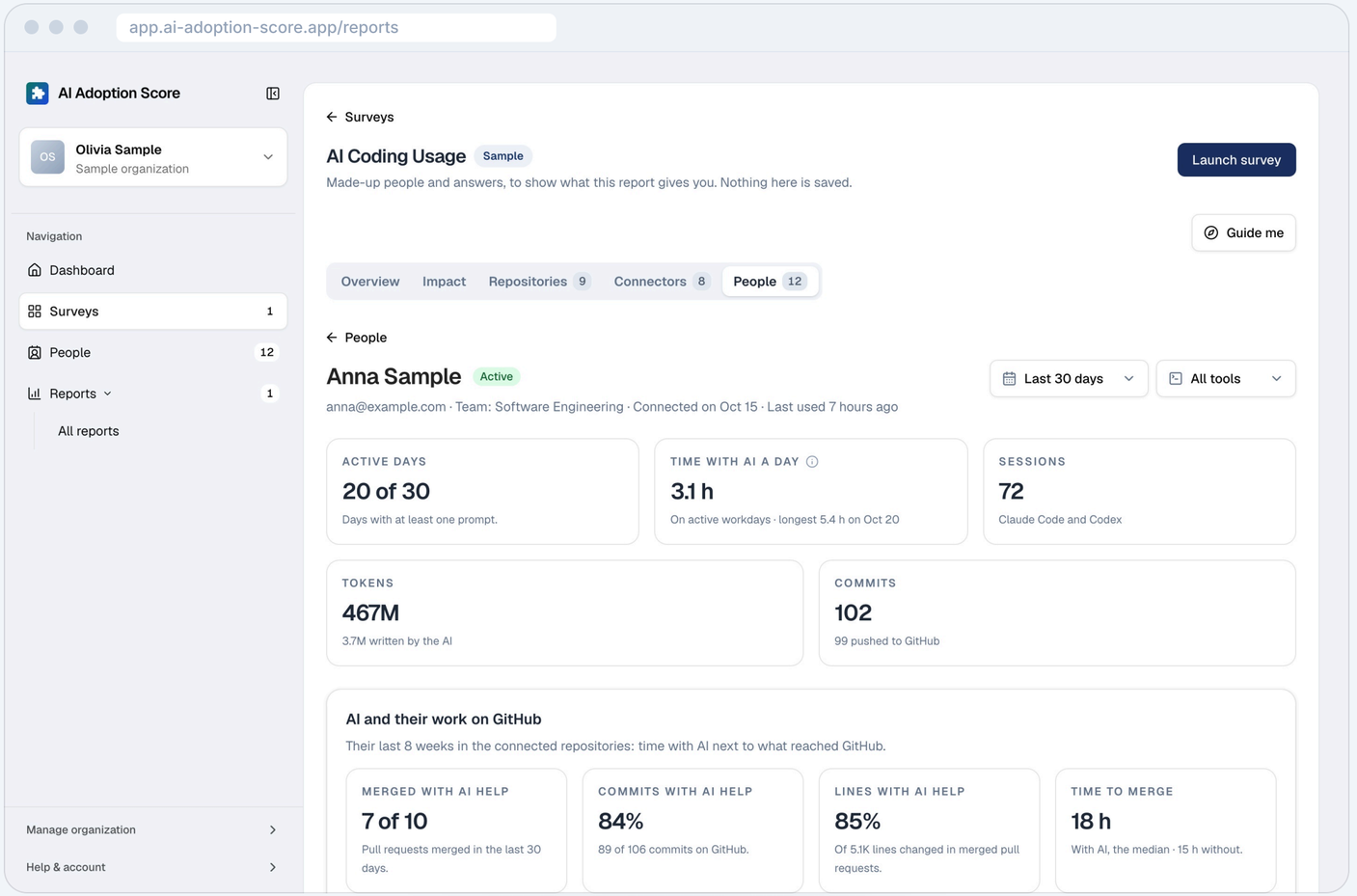
Person	Team	Status	Last 30 days	Sessions	Tokens	Pull requests	Last used
Anna Sample anna@example.com	Software Engineering	Active		72	467M	**10** merged 70% with AI help	7 hours ago
David Sample david@example.com	Software Engineering	Disconnected on Oct 29		20	118M	**9** merged 56% with AI help	Oct 28
Emma Sample emma@example.com	–	Tried on Windows	No numbers yet	0	0	Not connected	Never
Jonas Sample jonas@example.com	Software Engineering	Not reporting since Nov 2		27	309M	None merged	Nov 2
Lena Sample lena@example.com	Data & Analytics	Codex hook not approved		46	296M	**2** merged 100% with AI help	7 hours ago
Marco Sample marco@example.com	DevOps	Active		66	413M	**12** merged 75% with AI help	3 hours ago
Mateo Sample mateo@example.com	–	Not connected	No numbers yet	0	0	Not connected	Never

ONE PERSON

A page for each person

Their active days, their time with AI, and their work on GitHub next to it, week by week.

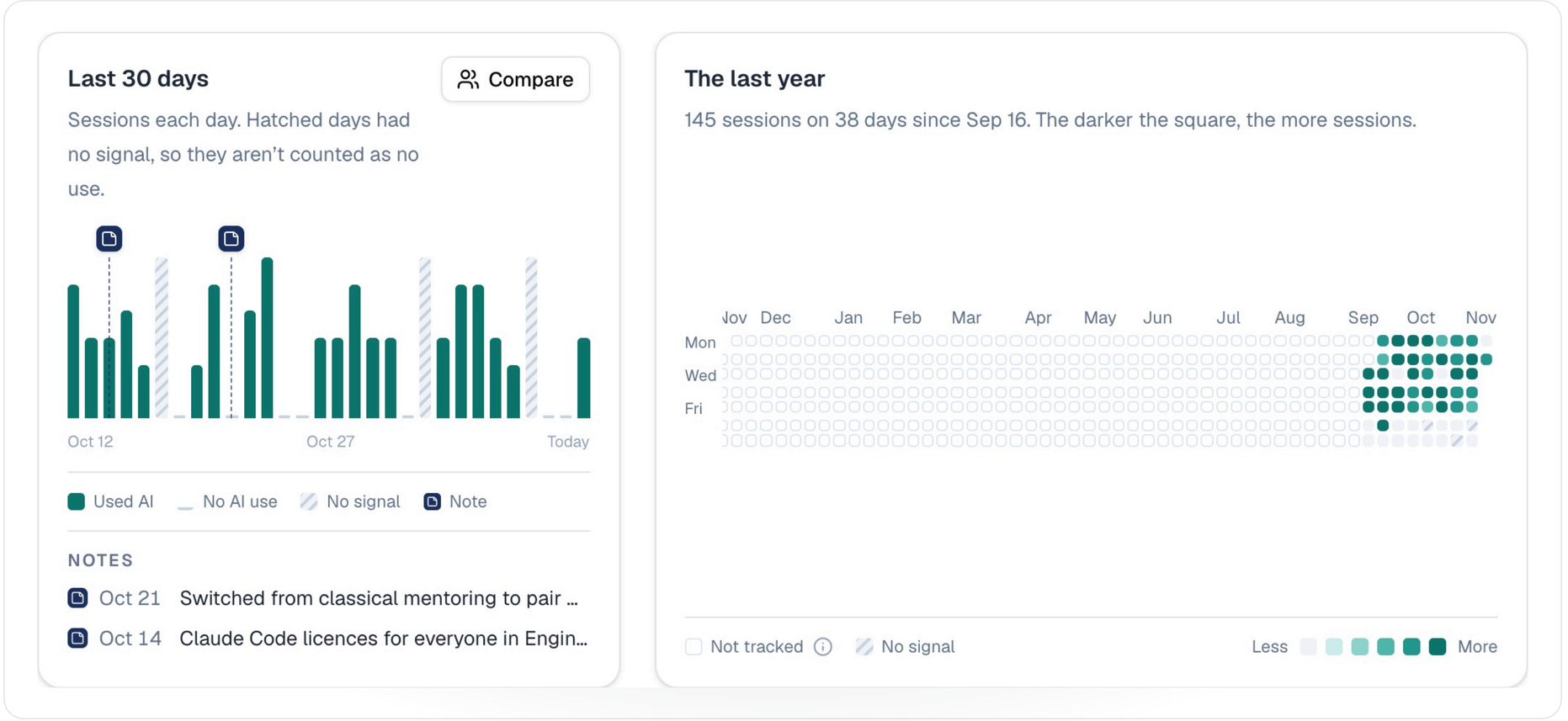
- Any period: the last 90, 30, 14 or 7 days, or dates you pick
- Claude Code, Codex, or both



ONE PERSON

Their days, and their year

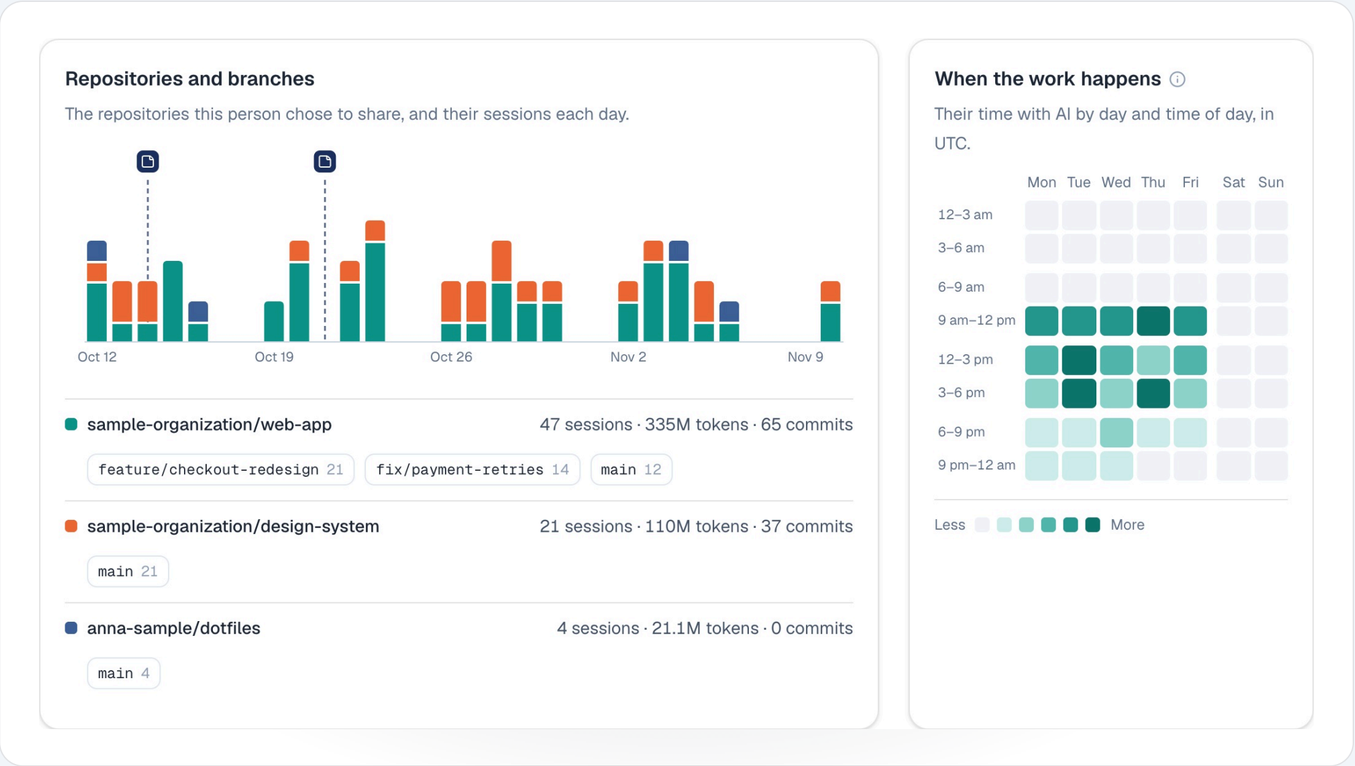
Sessions each day, and Compare puts anyone else's days beside them, on the same scale.



ONE PERSON

Their repositories, and their hours

Each day's sessions in each repository, their busiest branches, and when in the week they work with AI.



AROUND THE REPORT

Teams, notes, exports and your AI

Teams

People pick their team on the survey page. A Team filter then shows one team or several on every page.

Notes

Your notes show as pins on the charts, so a change in use sits next to its reason.

Exports

The report as a PDF, Markdown or CSV file, to share or to analyse.

Claude and ChatGPT

The same numbers through the AI connection, without anyone's name.

WHO SEES WHAT

Clear about what is shared, and with whom

People choose repositories

Sessions in a repository someone unticks never leave their computer.

Named or anonymous

Sign-in names each person. A shared password can keep people anonymous.

For enablement, not reviews

The numbers show where AI helps and who needs support, not anyone's performance.

GitHub is read-only

Pull requests and commits as numbers and times. Never code, titles, comments or file names.

Stop at any time

Anyone can disconnect on the survey page. Closing the survey removes the add-on everywhere.

Encrypted, stored in the US

The add-on sends its numbers over an encrypted connection.

Questions from your security team? Full details: **ai-adoption-score.app/security**

NEXT STEP

Connect your team today. Read the report tomorrow.

Or click through the sample report first: ai-adoption-score.app/sample-report/ai-coding-usage

BOOK A DEMO

ai-adoption-score.app/book-a-demo

START FREE

app.ai-adoption-score.app/sign-up