Cognitive Load and Fatigue in Academic Environments

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This project is created with the intention to keep track of my fatigue and uncover patterns like what weekdays drain me the most, any sleep vs. fatigue correlation, emotional load, cognitive readiness, etc.

It would help shift heavy tasks from high fatigue days , schedule creative breaks, and most importantly frame tired days as recovery days— not failures.

Basically, I wish to create a rhythm custom to my body and mind.