

==== Tuesday 28 July 2020 ====

Energy before work start in the morning: 6 / 10

Energy after morning work block: 5 / 10

Morning tasks: Reviewed document, Processed emails

Energy before work start in the afternoon: 3 / 10

Energy after afternoon work block: 8 / 10

Afternoon tasks: Attended meeting, Sorted project files

Focus level: 5 / 10

Interruptions: 1

Mental effort: 8 / 10

User notes: No major issues today.

==== Wednesday 29 July 2020 ====

Energy before work start in the morning: 7 / 10

Energy after morning work block: 7 / 10

Morning tasks: Wrote summary report, Drafted proposal

Energy before work start in the afternoon: 6 / 10

Energy after afternoon work block: 6 / 10

Afternoon tasks: Sorted project files, Wrote summary report

Focus level: 5 / 10

Interruptions: 3

Mental effort: 7 / 10

User notes: Felt productive overall.

==== Thursday 30 July 2020 ====

Energy before work start in the morning: 7 / 10

Energy after morning work block: 8 / 10

Morning tasks: Reviewed document, Wrote summary report

Energy before work start in the afternoon: 9 / 10

Energy after afternoon work block: 8 / 10

Afternoon tasks: Cleaned codebase, Wrote summary report

Focus level: 9 / 10

Interruptions: 4

Mental effort: 4 / 10

User notes: Felt slightly distracted in the afternoon.