==== Thursday 16 July 2020 ====

Energy before work start in the morning: 8 / 10

Energy after morning work block: 5 / 10

Morning tasks: Cleaned codebase, Wrote summary report

Energy before work start in the afternoon: 8 / 10

Energy after afternoon work block: 9 / 10

Afternoon tasks: Cleaned codebase, Reviewed document

Focus level: 6 / 10

Interruptions: 3

Mental effort: 5 / 10

User notes: Energy drop after lunch.

==== Friday 17 July 2020 ====

Energy before work start in the morning: 6 / 10

Energy after morning work block: 6 / 10

Morning tasks: Annotated dataset, Annotated dataset

Energy before work start in the afternoon: 3 / 10

Energy after afternoon work block: 5 / 10

Afternoon tasks: Drafted proposal, Reviewed document

Focus level: 5 / 10

Interruptions: 1

Mental effort: 6 / 10

User notes: Struggled to concentrate mid-afternoon.

==== Saturday 18 July 2020 ====

Energy before work start in the morning: 6 / 10

Energy after morning work block: 9 / 10

Morning tasks: Attended meeting, Reviewed document

Energy before work start in the afternoon: 9 / 10

Energy after afternoon work block: 6 / 10

Afternoon tasks: Updated dashboard, Cleaned codebase

Focus level: 4 / 10

Interruptions: 3

Mental effort: 3 / 10

User notes: No major issues today.

==== Sunday 19 July 2020 ====

Energy before work start in the morning: 5 / 10

Energy after morning work block: 7 / 10

Morning tasks: Cleaned codebase, Annotated dataset

Energy before work start in the afternoon: 7 / 10

Energy after afternoon work block: 3 / 10

Afternoon tasks: Updated dashboard, Annotated dataset

Focus level: 7 / 10

Interruptions: 1

Mental effort: 6 / 10

User notes: Felt productive overall.

==== Monday 20 July 2020 ====

Energy before work start in the morning: 3 / 10

Energy after morning work block: 6 / 10

Morning tasks: Annotated dataset, Reviewed document

Energy before work start in the afternoon: 7 / 10

Energy after afternoon work block: 8 / 10

Afternoon tasks: Annotated dataset, Drafted proposal

Focus level: 5 / 10

Interruptions: 2

Mental effort: 8 / 10

User notes: Good focus in the morning.