

====Tuesday 07/07/2020====

Energy before work start in the morning: 9 / 10

Energy after morning work block: 6 / 10

Morning tasks: Cleaned codebase, Processed emails

Energy before work start in the afternoon: 6 / 10

Energy after afternoon work block: 5 / 10

Afternoon tasks: Wrote summary report, Sorted project files

Focus level: 8 / 10

Interruptions: 1

Mental effort: 3 / 10

User notes: Felt productive overall.

====Wednesday 08/07/2020====

Energy before work start in the morning: 9 / 10

Energy after morning work block: 4 / 10

Morning tasks: Cleaned codebase, Annotated dataset

Energy before work start in the afternoon: 4 / 10

Energy after afternoon work block: 5 / 10

Afternoon tasks: Processed emails, Sorted project files

Focus level: 5 / 10

Interruptions: 1

Mental effort: 5 / 10

User notes: Felt productive overall.

====Sunday 12/07/2020====

Energy before work start in the morning: 6 / 10

Energy after morning work block: 7 / 10

Morning tasks: Processed emails, Attended meeting

Energy before work start in the afternoon: 8 / 10

Energy after afternoon work block: 4 / 10

Afternoon tasks: Updated dashboard, Updated dashboard

Focus level: 4 / 10

Interruptions: 0

Mental effort: 4 / 10

User notes: Felt productive overall.