

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

Energy before work start in the morning: 3 / 10

Energy after morning work block: 6 / 10

Morning tasks: Drafted proposal, Reviewed document

Energy before work start in the afternoon: 3 / 10

Energy after afternoon work block: 3 / 10

Afternoon tasks: Wrote summary report, Drafted proposal

Focus level: 8 / 10

Interruptions: 3

Mental effort: 5 / 10

User notes: Struggled to concentrate mid-afternoon.

====Monday 13/07/2020====

Energy before work start in the morning: 8 / 10

Energy after morning work block: 3 / 10

Morning tasks: Sorted project files, Updated dashboard

Energy before work start in the afternoon: 7 / 10

Energy after afternoon work block: 6 / 10

Afternoon tasks: Attended meeting, Attended meeting

Focus level: 9 / 10

Interruptions: 1

Mental effort: 7 / 10

User notes: Struggled to concentrate mid-afternoon.

====Wednesday 15/07/2020====

Energy before work start in the morning: 7 / 10

Energy after morning work block: 8 / 10

Morning tasks: Reviewed document, Reviewed document

Energy before work start in the afternoon: 4 / 10

Energy after afternoon work block: 7 / 10

Afternoon tasks: Drafted proposal, Cleaned codebase

Focus level: 4 / 10

Interruptions: 4

Mental effort: 6 / 10

User notes: Felt slightly distracted in the afternoon.

====Thursday 16/07/2020====

Energy before work start in the morning: 3 / 10

Energy after morning work block: 9 / 10

Morning tasks: Processed emails, Drafted proposal

Energy before work start in the afternoon: 3 / 10

Energy after afternoon work block: 4 / 10

Afternoon tasks: Drafted proposal, Sorted project files

Focus level: 9 / 10

Interruptions: 1

Mental effort: 3 / 10

User notes: Felt productive overall.