

====Thursday 09/07/2020====

Energy before work start in the morning: 5 / 10

Energy after morning work block: 6 / 10

Morning tasks: Processed emails, Sorted project files

Energy before work start in the afternoon: 5 / 10

Energy after afternoon work block: 4 / 10

Afternoon tasks: Updated dashboard, Attended meeting

Focus level: 4 / 10

Interruptions: 2

Mental effort: 8 / 10

User notes: Interrupted a few times.

====Friday 10/07/2020====

Energy before work start in the morning: 7 / 10

Energy after morning work block: 8 / 10

Morning tasks: Annotated dataset, Reviewed document

Energy before work start in the afternoon: 5 / 10

Energy after afternoon work block: 8 / 10

Afternoon tasks: Drafted proposal, Updated dashboard

Focus level: 9 / 10

Interruptions: 0

Mental effort: 7 / 10

User notes: Felt productive overall.

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

Energy before work start in the morning: 8 / 10

Energy after morning work block: 6 / 10

Morning tasks: Annotated dataset, Reviewed document

Energy before work start in the afternoon: 9 / 10

Energy after afternoon work block: 3 / 10

Afternoon tasks: Updated dashboard, Updated dashboard

Focus level: 6 / 10

Interruptions: 0

Mental effort: 6 / 10

User notes: No major issues today.