

====Thursday 23/07/2020====

Energy before work start in the morning: 6 / 10

Energy after morning work block: 6 / 10

Morning tasks: Annotated dataset, Drafted proposal

Energy before work start in the afternoon: 9 / 10

Energy after afternoon work block: 8 / 10

Afternoon tasks: Updated dashboard, Reviewed document

Focus level: 8 / 10

Interruptions: 3

Mental effort: 8 / 10

User notes: Struggled to concentrate mid-afternoon.

====Saturday 25/07/2020====

Energy before work start in the morning: 4 / 10

Energy after morning work block: 4 / 10

Morning tasks: Sorted project files, Processed emails

Energy before work start in the afternoon: 7 / 10

Energy after afternoon work block: 5 / 10

Afternoon tasks: Wrote summary report, Drafted proposal

Focus level: 8 / 10

Interruptions: 3

Mental effort: 7 / 10

User notes: Felt slightly distracted in the afternoon.

====Sunday 26/07/2020====

Energy before work start in the morning: 9 / 10

Energy after morning work block: 9 / 10

Morning tasks: Attended meeting, Drafted proposal

Energy before work start in the afternoon: 4 / 10

Energy after afternoon work block: 6 / 10

Afternoon tasks: Attended meeting, Reviewed document

Focus level: 9 / 10

Interruptions: 2

Mental effort: 4 / 10

User notes: Felt slightly distracted in the afternoon.

====Wednesday 29/07/2020====

Energy before work start in the morning: 6 / 10

Energy after morning work block: 5 / 10

Morning tasks: Drafted proposal, Processed emails

Energy before work start in the afternoon: 7 / 10

Energy after afternoon work block: 3 / 10

Afternoon tasks: Wrote summary report, Attended meeting

Focus level: 9 / 10

Interruptions: 1

Mental effort: 7 / 10

User notes: Felt slightly distracted in the afternoon.

====Thursday 30/07/2020====

Energy before work start in the morning: 6 / 10

Energy after morning work block: 6 / 10

Morning tasks: Wrote summary report, Attended meeting

Energy before work start in the afternoon: 7 / 10

Energy after afternoon work block: 4 / 10

Afternoon tasks: Drafted proposal, Reviewed document

Focus level: 9 / 10

Interruptions: 4

Mental effort: 4 / 10

User notes: Interrupted a few times.

====Friday 31/07/2020====

Energy before work start in the morning: 5 / 10

Energy after morning work block: 9 / 10

Morning tasks: Sorted project files, Drafted proposal

Energy before work start in the afternoon: 4 / 10

Energy after afternoon work block: 7 / 10

Afternoon tasks: Reviewed document, Reviewed document

Focus level: 6 / 10

Interruptions: 4

Mental effort: 5 / 10

User notes: Good focus in the morning.