

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

Energy before work start in the morning: 9 / 10

Energy after morning work block: 4 / 10

Morning tasks: Sorted project files, Reviewed document

Energy before work start in the afternoon: 5 / 10

Energy after afternoon work block: 3 / 10

Afternoon tasks: Drafted proposal, Cleaned codebase

Focus level: 6 / 10

Interruptions: 0

Mental effort: 8 / 10

User notes: Energy drop after lunch.

====Saturday 01/08/2020====

Energy before work start in the morning: 4 / 10

Energy after morning work block: 9 / 10

Morning tasks: Updated dashboard, Wrote summary report

Energy before work start in the afternoon: 8 / 10

Energy after afternoon work block: 4 / 10

Afternoon tasks: Cleaned codebase, Annotated dataset

Focus level: 7 / 10

Interruptions: 4

Mental effort: 4 / 10

User notes: Felt slightly distracted in the afternoon.

====Sunday 02/08/2020====

Energy before work start in the morning: 5 / 10

Energy after morning work block: 8 / 10

Morning tasks: Processed emails, Cleaned codebase

Energy before work start in the afternoon: 7 / 10

Energy after afternoon work block: 9 / 10

Afternoon tasks: Cleaned codebase, Wrote summary report

Focus level: 7 / 10

Interruptions: 3

Mental effort: 3 / 10

User notes: Interrupted a few times.

====Monday 03/08/2020====

Energy before work start in the morning: 4 / 10

Energy after morning work block: 5 / 10

Morning tasks: Cleaned codebase, Wrote summary report

Energy before work start in the afternoon: 7 / 10

Energy after afternoon work block: 3 / 10

Afternoon tasks: Sorted project files, Updated dashboard

Focus level: 4 / 10

Interruptions: 3

Mental effort: 6 / 10

User notes: Felt productive overall.

====Wednesday 05/08/2020====

Energy before work start in the morning: 7 / 10

Energy after morning work block: 7 / 10

Morning tasks: Cleaned codebase, Annotated dataset

Energy before work start in the afternoon: 6 / 10

Energy after afternoon work block: 8 / 10

Afternoon tasks: Cleaned codebase, Cleaned codebase

Focus level: 5 / 10

Interruptions: 3

Mental effort: 8 / 10

User notes: Felt productive overall.

====Saturday 08/08/2020====

Energy before work start in the morning: 4 / 10

Energy after morning work block: 3 / 10

Morning tasks: Annotated dataset, Sorted project files

Energy before work start in the afternoon: 8 / 10

Energy after afternoon work block: 6 / 10

Afternoon tasks: Cleaned codebase, Drafted proposal

Focus level: 7 / 10

Interruptions: 3

Mental effort: 6 / 10

User notes: Felt productive overall.