

==== Sunday 02 August 2020 ====

Energy before work start in the morning: 4 / 10

Energy after morning work block: 8 / 10

Morning tasks: Updated dashboard, Drafted proposal

Energy before work start in the afternoon: 5 / 10

Energy after afternoon work block: 9 / 10

Afternoon tasks: Cleaned codebase, Wrote summary report

Focus level: 4 / 10

Interruptions: 3

Mental effort: 7 / 10

User notes: Struggled to concentrate mid-afternoon.

==== Tuesday 04 August 2020 ====

Energy before work start in the morning: 8 / 10

Energy after morning work block: 9 / 10

Morning tasks: Wrote summary report, Drafted proposal

Energy before work start in the afternoon: 5 / 10

Energy after afternoon work block: 3 / 10

Afternoon tasks: Wrote summary report, Sorted project files

Focus level: 8 / 10

Interruptions: 4

Mental effort: 4 / 10

User notes: Energy drop after lunch.

==== Wednesday 05 August 2020 ====

Energy before work start in the morning: 4 / 10

Energy after morning work block: 4 / 10

Morning tasks: Attended meeting, Updated dashboard

Energy before work start in the afternoon: 3 / 10

Energy after afternoon work block: 8 / 10

Afternoon tasks: Wrote summary report, Processed emails

Focus level: 8 / 10

Interruptions: 3

Mental effort: 5 / 10

User notes: Felt slightly distracted in the afternoon.

==== Thursday 06 August 2020 ====

Energy before work start in the morning: 7 / 10

Energy after morning work block: 3 / 10

Morning tasks: Attended meeting, Wrote summary report

Energy before work start in the afternoon: 9 / 10

Energy after afternoon work block: 6 / 10

Afternoon tasks: Updated dashboard, Reviewed document

Focus level: 5 / 10

Interruptions: 4

Mental effort: 5 / 10

User notes: Struggled to concentrate mid-afternoon.

==== Saturday 08 August 2020 ====

Energy before work start in the morning: 3 / 10

Energy after morning work block: 6 / 10

Morning tasks: Drafted proposal, Annotated dataset

Energy before work start in the afternoon: 8 / 10

Energy after afternoon work block: 9 / 10

Afternoon tasks: Annotated dataset, Annotated dataset

Focus level: 8 / 10

Interruptions: 2

Mental effort: 7 / 10

User notes: No major issues today.