

==== Tuesday 18 August 2020 ====

Energy before work start in the morning: 5 / 10

Energy after morning work block: 4 / 10

Morning tasks: Processed emails, Wrote summary report

Energy before work start in the afternoon: 6 / 10

Energy after afternoon work block: 8 / 10

Afternoon tasks: Drafted proposal, Reviewed document

Focus level: 8 / 10

Interruptions: 2

Mental effort: 4 / 10

User notes: Good focus in the morning.

==== Wednesday 19 August 2020 ====

Energy before work start in the morning: 4 / 10

Energy after morning work block: 5 / 10

Morning tasks: Sorted project files, Cleaned codebase

Energy before work start in the afternoon: 9 / 10

Energy after afternoon work block: 6 / 10

Afternoon tasks: Drafted proposal, Drafted proposal

Focus level: 4 / 10

Interruptions: 3

Mental effort: 7 / 10

User notes: Felt productive overall.

==== Friday 21 August 2020 ====

Energy before work start in the morning: 9 / 10

Energy after morning work block: 6 / 10

Morning tasks: Attended meeting, Sorted project files

Energy before work start in the afternoon: 8 / 10

Energy after afternoon work block: 3 / 10

Afternoon tasks: Processed emails, Reviewed document

Focus level: 9 / 10

Interruptions: 2

Mental effort: 4 / 10

User notes: Interrupted a few times.

==== Saturday 22 August 2020 ====

Energy before work start in the morning: 5 / 10

Energy after morning work block: 6 / 10

Morning tasks: Sorted project files, Drafted proposal

Energy before work start in the afternoon: 4 / 10

Energy after afternoon work block: 5 / 10

Afternoon tasks: Sorted project files, Wrote summary report

Focus level: 4 / 10

Interruptions: 0

Mental effort: 7 / 10

User notes: Felt slightly distracted in the afternoon.

==== Sunday 23 August 2020 ====

Energy before work start in the morning: 8 / 10

Energy after morning work block: 5 / 10

Morning tasks: Annotated dataset, Updated dashboard

Energy before work start in the afternoon: 5 / 10

Energy after afternoon work block: 3 / 10

Afternoon tasks: Drafted proposal, Wrote summary report

Focus level: 9 / 10

Interruptions: 2

Mental effort: 8 / 10

User notes: Felt slightly distracted in the afternoon.

==== Monday 24 August 2020 ====

Energy before work start in the morning: 8 / 10

Energy after morning work block: 5 / 10

Morning tasks: Annotated dataset, Cleaned codebase

Energy before work start in the afternoon: 9 / 10

Energy after afternoon work block: 4 / 10

Afternoon tasks: Updated dashboard, Cleaned codebase

Focus level: 8 / 10

Interruptions: 3

Mental effort: 7 / 10

User notes: Interrupted a few times.

==== Tuesday 25 August 2020 =====

Energy before work start in the morning: 9 / 10

Energy after morning work block: 4 / 10

Morning tasks: Updated dashboard, Updated dashboard

Energy before work start in the afternoon: 5 / 10

Energy after afternoon work block: 6 / 10

Afternoon tasks: Annotated dataset, Updated dashboard

Focus level: 4 / 10

Interruptions: 4

Mental effort: 8 / 10

User notes: Felt productive overall.