==== Tuesday 21 July 2020 ====

Energy before work start in the morning: 4 / 10

Energy after morning work block: 8 / 10

Morning tasks: Cleaned codebase, Processed emails

Energy before work start in the afternoon: 3 / 10

Energy after afternoon work block: 7 / 10

Afternoon tasks: Updated dashboard, Processed emails

Focus level: 8 / 10

Interruptions: 4

Mental effort: 7 / 10

User notes: Struggled to concentrate mid-afternoon.

==== Wednesday 22 July 2020 ====

Energy before work start in the morning: 6 / 10

Energy after morning work block: 6 / 10

Morning tasks: Processed emails, Cleaned codebase

Energy before work start in the afternoon: 3 / 10

Energy after afternoon work block: 3 / 10

Afternoon tasks: Annotated dataset, Attended meeting

Focus level: 8 / 10

Interruptions: 1

Mental effort: 7 / 10

User notes: No major issues today.

==== Saturday 25 July 2020 ====

Energy before work start in the morning: 4 / 10

Energy after morning work block: 9 / 10

Morning tasks: Drafted proposal, Attended meeting

Energy before work start in the afternoon: 8 / 10

Energy after afternoon work block: 3 / 10

Afternoon tasks: Attended meeting, Annotated dataset

Focus level: 4 / 10

Interruptions: 1

Mental effort: 8 / 10

User notes: Interrupted a few times.

==== Sunday 26 July 2020 ====

Energy before work start in the morning: 7 / 10

Energy after morning work block: 6 / 10

Morning tasks: Attended meeting, Wrote summary report

Energy before work start in the afternoon: 9 / 10

Energy after afternoon work block: 9 / 10

Afternoon tasks: Cleaned codebase, Cleaned codebase

Focus level: 5 / 10

Interruptions: 2

Mental effort: 6 / 10

User notes: No major issues today.

==== Tuesday 28 July 2020 ====

Energy before work start in the morning: 4 / 10

Energy after morning work block: 5 / 10

Morning tasks: Drafted proposal, Reviewed document

Energy before work start in the afternoon: 7 / 10

Energy after afternoon work block: 5 / 10

Afternoon tasks: Cleaned codebase, Attended meeting

Focus level: 4 / 10

Interruptions: 3

Mental effort: 8 / 10

User notes: Felt productive overall.

==== Thursday 30 July 2020 ====

Energy before work start in the morning: 4 / 10

Energy after morning work block: 6 / 10

Morning tasks: Sorted project files, Processed emails

Energy before work start in the afternoon: 9 / 10

Energy after afternoon work block: 8 / 10

Afternoon tasks: Sorted project files, Drafted proposal

Focus level: 8 / 10

Interruptions: 0

Mental effort: 4 / 10

User notes: Felt productive overall.