

==== Sunday 09 August 2020 ====

Energy before work start in the morning: 8 / 10

Energy after morning work block: 4 / 10

Morning tasks: Processed emails, Cleaned codebase

Energy before work start in the afternoon: 6 / 10

Energy after afternoon work block: 3 / 10

Afternoon tasks: Sorted project files, Annotated dataset

Focus level: 7 / 10

Interruptions: 2

Mental effort: 6 / 10

User notes: Struggled to concentrate mid-afternoon.

==== Monday 10 August 2020 ====

Energy before work start in the morning: 4 / 10

Energy after morning work block: 6 / 10

Morning tasks: Sorted project files, Annotated dataset

Energy before work start in the afternoon: 9 / 10

Energy after afternoon work block: 6 / 10

Afternoon tasks: Processed emails, Processed emails

Focus level: 8 / 10

Interruptions: 2

Mental effort: 3 / 10

User notes: Energy drop after lunch.

==== Tuesday 11 August 2020 ====

Energy before work start in the morning: 7 / 10

Energy after morning work block: 9 / 10

Morning tasks: Wrote summary report, Attended meeting

Energy before work start in the afternoon: 4 / 10

Energy after afternoon work block: 4 / 10

Afternoon tasks: Processed emails, Processed emails

Focus level: 8 / 10

Interruptions: 3

Mental effort: 6 / 10

User notes: Struggled to concentrate mid-afternoon.

==== Thursday 13 August 2020 ====

Energy before work start in the morning: 7 / 10

Energy after morning work block: 4 / 10

Morning tasks: Cleaned codebase, Reviewed document

Energy before work start in the afternoon: 8 / 10

Energy after afternoon work block: 9 / 10

Afternoon tasks: Processed emails, Attended meeting

Focus level: 5 / 10

Interruptions: 3

Mental effort: 7 / 10

User notes: No major issues today.

==== Saturday 15 August 2020 ====

Energy before work start in the morning: 5 / 10

Energy after morning work block: 9 / 10

Morning tasks: Drafted proposal, Sorted project files

Energy before work start in the afternoon: 5 / 10

Energy after afternoon work block: 4 / 10

Afternoon tasks: Reviewed document, Drafted proposal

Focus level: 4 / 10

Interruptions: 3

Mental effort: 6 / 10

User notes: Felt productive overall.