====Monday 17/08/2020====

Energy before work start in the morning: 8 / 10

Energy after morning work block: 9 / 10

Morning tasks: Annotated dataset, Attended meeting

Energy before work start in the afternoon: 6 / 10

Energy after afternoon work block: 5 / 10

Afternoon tasks: Updated dashboard, Updated dashboard

Focus level: 9 / 10

Interruptions: 4

Mental effort: 3 / 10

User notes: Energy drop after lunch.

====Tuesday 18/08/2020====

Energy before work start in the morning: 7 / 10

Energy after morning work block: 4 / 10

Morning tasks: Processed emails, Processed emails

Energy before work start in the afternoon: 3 / 10

Energy after afternoon work block: 5 / 10

Afternoon tasks: Wrote summary report, Reviewed document

Focus level: 7 / 10

Interruptions: 0

Mental effort: 4 / 10

User notes: Felt productive overall.

====Wednesday 19/08/2020====

Energy before work start in the morning: 5 / 10

Energy after morning work block: 4 / 10

Morning tasks: Annotated dataset, Reviewed document

Energy before work start in the afternoon: 5 / 10

Energy after afternoon work block: 7 / 10

Afternoon tasks: Wrote summary report, Cleaned codebase

Focus level: 4 / 10

Interruptions: 3

Mental effort: 4 / 10

User notes: Interrupted a few times.

====Thursday 20/08/2020====

Energy before work start in the morning: 7 / 10

Energy after morning work block: 9 / 10

Morning tasks: Cleaned codebase, Cleaned codebase

Energy before work start in the afternoon: 4 / 10

Energy after afternoon work block: 7 / 10

Afternoon tasks: Cleaned codebase, Reviewed document

Focus level: 7 / 10

Interruptions: 3

Mental effort: 7 / 10

User notes: Interrupted a few times.

====Friday 21/08/2020====

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: 7 / 10

Afternoon tasks: Attended meeting, Sorted project files

Focus level: 7 / 10

Interruptions: 2

Mental effort: 6 / 10

User notes: Interrupted a few times.

====Sunday 23/08/2020====

Energy before work start in the morning: 8 / 10

Energy after morning work block: 5 / 10

Morning tasks: Processed emails, Cleaned codebase

Energy before work start in the afternoon: 6 / 10

Energy after afternoon work block: 9 / 10

Afternoon tasks: Wrote summary report, Cleaned codebase

Focus level: 7 / 10

Interruptions: 2

Mental effort: 3 / 10

User notes: Felt slightly distracted in the afternoon.