==== Monday 13 July 2020 ====

Energy before work start in the morning: 6 / 10

Energy after morning work block: 6 / 10

Morning tasks: Updated dashboard, Reviewed document

Energy before work start in the afternoon: 6 / 10

Energy after afternoon work block: 7 / 10

Afternoon tasks: Updated dashboard, Sorted project files

Focus level: 7 / 10

Interruptions: 3

Mental effort: 3 / 10

User notes: Struggled to concentrate mid-afternoon.

==== Wednesday 15 July 2020 ====

Energy before work start in the morning: 8 / 10

Energy after morning work block: 7 / 10

Morning tasks: Cleaned codebase, Attended meeting

Energy before work start in the afternoon: 6 / 10

Energy after afternoon work block: 4 / 10

Afternoon tasks: Processed emails, Attended meeting

Focus level: 6 / 10

Interruptions: 3

Mental effort: 5 / 10

User notes: Interrupted a few times.