

====Tuesday 28/07/2020====

Energy before work start in the morning: 8 / 10

Energy after morning work block: 4 / 10

Morning tasks: Updated dashboard, Reviewed document

Energy before work start in the afternoon: 5 / 10

Energy after afternoon work block: 8 / 10

Afternoon tasks: Updated dashboard, Annotated dataset

Focus level: 8 / 10

Interruptions: 0

Mental effort: 4 / 10

User notes: Interrupted a few times.

====Thursday 30/07/2020====

Energy before work start in the morning: 7 / 10

Energy after morning work block: 5 / 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: Reviewed document, Processed emails

Focus level: 7 / 10

Interruptions: 1

Mental effort: 8 / 10

User notes: Struggled to concentrate mid-afternoon.

====Saturday 01/08/2020====

Energy before work start in the morning: 4 / 10

Energy after morning work block: 7 / 10

Morning tasks: Drafted proposal, Processed emails

Energy before work start in the afternoon: 5 / 10

Energy after afternoon work block: 3 / 10

Afternoon tasks: Cleaned codebase, Reviewed document

Focus level: 5 / 10

Interruptions: 3

Mental effort: 5 / 10

User notes: Struggled to concentrate mid-afternoon.

====Sunday 02/08/2020====

Energy before work start in the morning: 8 / 10

Energy after morning work block: 9 / 10

Morning tasks: Reviewed document, Reviewed document

Energy before work start in the afternoon: 4 / 10

Energy after afternoon work block: 9 / 10

Afternoon tasks: Processed emails, Reviewed document

Focus level: 6 / 10

Interruptions: 1

Mental effort: 8 / 10

User notes: Interrupted a few times.

====Monday 03/08/2020====

Energy before work start in the morning: 7 / 10

Energy after morning work block: 8 / 10

Morning tasks: Attended meeting, Sorted project files

Energy before work start in the afternoon: 7 / 10

Energy after afternoon work block: 5 / 10

Afternoon tasks: Processed emails, Processed emails

Focus level: 4 / 10

Interruptions: 4

Mental effort: 3 / 10

User notes: Energy drop after lunch.

====Thursday 06/08/2020====

Energy before work start in the morning: 6 / 10

Energy after morning work block: 5 / 10

Morning tasks: Sorted project files, Attended meeting

Energy before work start in the afternoon: 3 / 10

Energy after afternoon work block: 3 / 10

Afternoon tasks: Reviewed document, Attended meeting

Focus level: 9 / 10

Interruptions: 2

Mental effort: 7 / 10

User notes: Energy drop after lunch.