

====Monday 27/07/2020====

Energy before work start in the morning: 7 / 10

Energy after morning work block: 4 / 10

Morning tasks: Reviewed document, Drafted proposal

Energy before work start in the afternoon: 7 / 10

Energy after afternoon work block: 6 / 10

Afternoon tasks: Sorted project files, Wrote summary report

Focus level: 5 / 10

Interruptions: 3

Mental effort: 4 / 10

User notes: Felt slightly distracted in the afternoon.

====Wednesday 29/07/2020====

Energy before work start in the morning: 9 / 10

Energy after morning work block: 6 / 10

Morning tasks: Processed emails, Cleaned codebase

Energy before work start in the afternoon: 5 / 10

Energy after afternoon work block: 6 / 10

Afternoon tasks: Annotated dataset, Attended meeting

Focus level: 9 / 10

Interruptions: 2

Mental effort: 6 / 10

User notes: No major issues today.

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

Energy before work start in the morning: 9 / 10

Energy after morning work block: 3 / 10

Morning tasks: Cleaned codebase, Wrote summary report

Energy before work start in the afternoon: 3 / 10

Energy after afternoon work block: 6 / 10

Afternoon tasks: Wrote summary report, Drafted proposal

Focus level: 8 / 10

Interruptions: 1

Mental effort: 6 / 10

User notes: Felt productive overall.

====Tuesday 04/08/2020====

Energy before work start in the morning: 7 / 10

Energy after morning work block: 3 / 10

Morning tasks: Annotated dataset, Processed emails

Energy before work start in the afternoon: 3 / 10

Energy after afternoon work block: 3 / 10

Afternoon tasks: Annotated dataset, Drafted proposal

Focus level: 6 / 10

Interruptions: 1

Mental effort: 8 / 10

User notes: Good focus in the morning.

====Wednesday 05/08/2020====

Energy before work start in the morning: 4 / 10

Energy after morning work block: 6 / 10

Morning tasks: Cleaned codebase, Attended meeting

Energy before work start in the afternoon: 7 / 10

Energy after afternoon work block: 8 / 10

Afternoon tasks: Annotated dataset, Sorted project files

Focus level: 7 / 10

Interruptions: 3

Mental effort: 8 / 10

User notes: Energy drop after lunch.

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

Energy before work start in the morning: 3 / 10

Energy after morning work block: 3 / 10

Morning tasks: Reviewed document, Updated dashboard

Energy before work start in the afternoon: 5 / 10

Energy after afternoon work block: 3 / 10

Afternoon tasks: Cleaned codebase, Annotated dataset

Focus level: 8 / 10

Interruptions: 2

Mental effort: 4 / 10

User notes: Interrupted a few times.

====Sunday 09/08/2020=====

Energy before work start in the morning: 4 / 10

Energy after morning work block: 3 / 10

Morning tasks: Sorted project files, Updated dashboard

Energy before work start in the afternoon: 5 / 10

Energy after afternoon work block: 9 / 10

Afternoon tasks: Reviewed document, Sorted project files

Focus level: 8 / 10

Interruptions: 0

Mental effort: 7 / 10

User notes: Struggled to concentrate mid-afternoon.