

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

Energy before work start in the morning: 4 / 10

Energy after morning work block: 4 / 10

Morning tasks: Wrote summary report, Annotated dataset

Energy before work start in the afternoon: 4 / 10

Energy after afternoon work block: 3 / 10

Afternoon tasks: Updated dashboard, Reviewed document

Focus level: 4 / 10

Interruptions: 3

Mental effort: 8 / 10

User notes: Interrupted a few times.

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

Energy before work start in the morning: 4 / 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: 4 / 10

Afternoon tasks: Drafted proposal, Drafted proposal

Focus level: 9 / 10

Interruptions: 1

Mental effort: 4 / 10

User notes: No major issues today.

====Friday 07/08/2020====

Energy before work start in the morning: 7 / 10

Energy after morning work block: 3 / 10

Morning tasks: Attended meeting, Attended meeting

Energy before work start in the afternoon: 4 / 10

Energy after afternoon work block: 3 / 10

Afternoon tasks: Wrote summary report, Drafted proposal

Focus level: 8 / 10

Interruptions: 4

Mental effort: 6 / 10

User notes: Good focus in the morning.

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

Energy before work start in the morning: 7 / 10

Energy after morning work block: 5 / 10

Morning tasks: Reviewed document, Sorted project files

Energy before work start in the afternoon: 9 / 10

Energy after afternoon work block: 7 / 10

Afternoon tasks: Annotated dataset, Reviewed document

Focus level: 8 / 10

Interruptions: 3

Mental effort: 5 / 10

User notes: Interrupted a few times.

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

Energy before work start in the morning: 6 / 10

Energy after morning work block: 9 / 10

Morning tasks: Wrote summary report, Annotated dataset

Energy before work start in the afternoon: 9 / 10

Energy after afternoon work block: 4 / 10

Afternoon tasks: Wrote summary report, Sorted project files

Focus level: 9 / 10

Interruptions: 4

Mental effort: 6 / 10

User notes: Interrupted a few times.