

==== Tuesday 28 July 2020 ====

Energy before work start in the morning: 4 / 10

Energy after morning work block: 9 / 10

Morning tasks: Annotated dataset, Sorted project files

Energy before work start in the afternoon: 9 / 10

Energy after afternoon work block: 8 / 10

Afternoon tasks: Processed emails, Drafted proposal

Focus level: 7 / 10

Interruptions: 0

Mental effort: 6 / 10

User notes: Interrupted a few times.

==== Wednesday 29 July 2020 ====

Energy before work start in the morning: 8 / 10

Energy after morning work block: 4 / 10

Morning tasks: Reviewed document, Processed emails

Energy before work start in the afternoon: 4 / 10

Energy after afternoon work block: 5 / 10

Afternoon tasks: Sorted project files, Updated dashboard

Focus level: 4 / 10

Interruptions: 4

Mental effort: 7 / 10

User notes: Felt productive overall.

==== Thursday 30 July 2020 ====

Energy before work start in the morning: 4 / 10

Energy after morning work block: 4 / 10

Morning tasks: Processed emails, Processed emails

Energy before work start in the afternoon: 6 / 10

Energy after afternoon work block: 8 / 10

Afternoon tasks: Wrote summary report, Cleaned codebase

Focus level: 4 / 10

Interruptions: 4

Mental effort: 5 / 10

User notes: Struggled to concentrate mid-afternoon.

==== Friday 31 July 2020 ====

Energy before work start in the morning: 9 / 10

Energy after morning work block: 9 / 10

Morning tasks: Drafted proposal, Updated dashboard

Energy before work start in the afternoon: 7 / 10

Energy after afternoon work block: 8 / 10

Afternoon tasks: Processed emails, Sorted project files

Focus level: 6 / 10

Interruptions: 0

Mental effort: 7 / 10

User notes: Felt slightly distracted in the afternoon.

==== Saturday 01 August 2020 ====

Energy before work start in the morning: 8 / 10

Energy after morning work block: 7 / 10

Morning tasks: Wrote summary report, Processed emails

Energy before work start in the afternoon: 6 / 10

Energy after afternoon work block: 9 / 10

Afternoon tasks: Drafted proposal, Wrote summary report

Focus level: 6 / 10

Interruptions: 4

Mental effort: 8 / 10

User notes: Energy drop after lunch.