

==== Monday 03 August 2020 ====

Energy before work start in the morning: 8 / 10

Energy after morning work block: 8 / 10

Morning tasks: Drafted proposal, Processed emails

Energy before work start in the afternoon: 3 / 10

Energy after afternoon work block: 6 / 10

Afternoon tasks: Sorted project files, Sorted project files

Focus level: 8 / 10

Interruptions: 4

Mental effort: 5 / 10

User notes: Good focus in the morning.

==== Wednesday 05 August 2020 ====

Energy before work start in the morning: 3 / 10

Energy after morning work block: 6 / 10

Morning tasks: Attended meeting, Attended meeting

Energy before work start in the afternoon: 6 / 10

Energy after afternoon work block: 7 / 10

Afternoon tasks: Processed emails, Wrote summary report

Focus level: 6 / 10

Interruptions: 3

Mental effort: 7 / 10

User notes: Felt slightly distracted in the afternoon.

==== Friday 07 August 2020 ====

Energy before work start in the morning: 3 / 10

Energy after morning work block: 9 / 10

Morning tasks: Reviewed document, Updated dashboard

Energy before work start in the afternoon: 9 / 10

Energy after afternoon work block: 7 / 10

Afternoon tasks: Reviewed document, Reviewed document

Focus level: 4 / 10

Interruptions: 1

Mental effort: 8 / 10

User notes: Struggled to concentrate mid-afternoon.

==== Monday 10 August 2020 ====

Energy before work start in the morning: 9 / 10

Energy after morning work block: 4 / 10

Morning tasks: Attended meeting, Reviewed document

Energy before work start in the afternoon: 6 / 10

Energy after afternoon work block: 7 / 10

Afternoon tasks: Sorted project files, Reviewed document

Focus level: 9 / 10

Interruptions: 4

Mental effort: 5 / 10

User notes: No major issues today.