

==== Thursday 06 August 2020 ====

Energy before work start in the morning: 7 / 10

Energy after morning work block: 9 / 10

Morning tasks: Updated dashboard, Updated dashboard

Energy before work start in the afternoon: 7 / 10

Energy after afternoon work block: 5 / 10

Afternoon tasks: Wrote summary report, Reviewed document

Focus level: 8 / 10

Interruptions: 2

Mental effort: 5 / 10

User notes: Interrupted a few times.

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

Energy before work start in the morning: 9 / 10

Energy after morning work block: 7 / 10

Morning tasks: Attended meeting, Drafted proposal

Energy before work start in the afternoon: 8 / 10

Energy after afternoon work block: 3 / 10

Afternoon tasks: Sorted project files, Attended meeting

Focus level: 7 / 10

Interruptions: 2

Mental effort: 5 / 10

User notes: Felt productive overall.

==== Saturday 08 August 2020 ====

Energy before work start in the morning: 5 / 10

Energy after morning work block: 9 / 10

Morning tasks: Reviewed document, Attended meeting

Energy before work start in the afternoon: 9 / 10

Energy after afternoon work block: 5 / 10

Afternoon tasks: Updated dashboard, Sorted project files

Focus level: 9 / 10

Interruptions: 3

Mental effort: 3 / 10

User notes: Felt slightly distracted in the afternoon.

==== Sunday 09 August 2020 ====

Energy before work start in the morning: 3 / 10

Energy after morning work block: 9 / 10

Morning tasks: Annotated dataset, Cleaned codebase

Energy before work start in the afternoon: 8 / 10

Energy after afternoon work block: 3 / 10

Afternoon tasks: Wrote summary report, Annotated dataset

Focus level: 6 / 10

Interruptions: 2

Mental effort: 5 / 10

User notes: Energy drop after lunch.

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

Energy before work start in the morning: 6 / 10

Energy after morning work block: 9 / 10

Morning tasks: Annotated dataset, Drafted proposal

Energy before work start in the afternoon: 7 / 10

Energy after afternoon work block: 8 / 10

Afternoon tasks: Updated dashboard, Sorted project files

Focus level: 6 / 10

Interruptions: 2

Mental effort: 3 / 10

User notes: Energy drop after lunch.

==== Tuesday 11 August 2020 ====

Energy before work start in the morning: 8 / 10

Energy after morning work block: 4 / 10

Morning tasks: Reviewed document, Sorted project files

Energy before work start in the afternoon: 3 / 10

Energy after afternoon work block: 4 / 10

Afternoon tasks: Annotated dataset, Processed emails

Focus level: 7 / 10

Interruptions: 4

Mental effort: 3 / 10

User notes: Felt slightly distracted in the afternoon.