

====Monday 10/08/2020====

Energy before work start in the morning: 9 / 10

Energy after morning work block: 8 / 10

Morning tasks: Sorted project files, Attended meeting

Energy before work start in the afternoon: 6 / 10

Energy after afternoon work block: 7 / 10

Afternoon tasks: Updated dashboard, Attended meeting

Focus level: 8 / 10

Interruptions: 3

Mental effort: 5 / 10

User notes: No major issues today.

====Tuesday 11/08/2020====

Energy before work start in the morning: 5 / 10

Energy after morning work block: 9 / 10

Morning tasks: Drafted proposal, Attended meeting

Energy before work start in the afternoon: 4 / 10

Energy after afternoon work block: 9 / 10

Afternoon tasks: Wrote summary report, Drafted proposal

Focus level: 8 / 10

Interruptions: 2

Mental effort: 5 / 10

User notes: Energy drop after lunch.

====Wednesday 12/08/2020====

Energy before work start in the morning: 7 / 10

Energy after morning work block: 4 / 10

Morning tasks: Cleaned codebase, Attended meeting

Energy before work start in the afternoon: 6 / 10

Energy after afternoon work block: 3 / 10

Afternoon tasks: Drafted proposal, Annotated dataset

Focus level: 9 / 10

Interruptions: 4

Mental effort: 3 / 10

User notes: No major issues today.

====Thursday 13/08/2020====

Energy before work start in the morning: 9 / 10

Energy after morning work block: 9 / 10

Morning tasks: Processed emails, Wrote summary report

Energy before work start in the afternoon: 9 / 10

Energy after afternoon work block: 3 / 10

Afternoon tasks: Attended meeting, Drafted proposal

Focus level: 4 / 10

Interruptions: 0

Mental effort: 4 / 10

User notes: Energy drop after lunch.

====Friday 14/08/2020=====

Energy before work start in the morning: 8 / 10

Energy after morning work block: 8 / 10

Morning tasks: Reviewed document, Sorted project files

Energy before work start in the afternoon: 5 / 10

Energy after afternoon work block: 5 / 10

Afternoon tasks: Drafted proposal, Attended meeting

Focus level: 5 / 10

Interruptions: 0

Mental effort: 5 / 10

User notes: Struggled to concentrate mid-afternoon.

====Saturday 15/08/2020=====

Energy before work start in the morning: 9 / 10

Energy after morning work block: 6 / 10

Morning tasks: Cleaned codebase, Wrote summary report

Energy before work start in the afternoon: 5 / 10

Energy after afternoon work block: 3 / 10

Afternoon tasks: Reviewed document, Annotated dataset

Focus level: 9 / 10

Interruptions: 3

Mental effort: 3 / 10

User notes: Felt productive overall.