

====Wednesday 22/07/2020====

Energy before work start in the morning: 5 / 10

Energy after morning work block: 5 / 10

Morning tasks: Cleaned codebase, Attended meeting

Energy before work start in the afternoon: 3 / 10

Energy after afternoon work block: 4 / 10

Afternoon tasks: Cleaned codebase, Reviewed document

Focus level: 7 / 10

Interruptions: 0

Mental effort: 5 / 10

User notes: Struggled to concentrate mid-afternoon.

====Thursday 23/07/2020====

Energy before work start in the morning: 5 / 10

Energy after morning work block: 7 / 10

Morning tasks: Attended meeting, Wrote summary report

Energy before work start in the afternoon: 4 / 10

Energy after afternoon work block: 7 / 10

Afternoon tasks: Reviewed document, Wrote summary report

Focus level: 5 / 10

Interruptions: 2

Mental effort: 8 / 10

User notes: Good focus in the morning.

====Friday 24/07/2020====

Energy before work start in the morning: 5 / 10

Energy after morning work block: 6 / 10

Morning tasks: Attended meeting, Wrote summary report

Energy before work start in the afternoon: 4 / 10

Energy after afternoon work block: 6 / 10

Afternoon tasks: Drafted proposal, Sorted project files

Focus level: 7 / 10

Interruptions: 2

Mental effort: 8 / 10

User notes: Energy drop after lunch.

====Saturday 25/07/2020====

Energy before work start in the morning: 5 / 10

Energy after morning work block: 3 / 10

Morning tasks: Drafted proposal, Drafted proposal

Energy before work start in the afternoon: 4 / 10

Energy after afternoon work block: 7 / 10

Afternoon tasks: Sorted project files, Cleaned codebase

Focus level: 4 / 10

Interruptions: 4

Mental effort: 8 / 10

User notes: Felt productive overall.

====Sunday 26/07/2020=====

Energy before work start in the morning: 8 / 10

Energy after morning work block: 4 / 10

Morning tasks: Updated dashboard, Updated dashboard

Energy before work start in the afternoon: 3 / 10

Energy after afternoon work block: 7 / 10

Afternoon tasks: Wrote summary report, Updated dashboard

Focus level: 5 / 10

Interruptions: 0

Mental effort: 7 / 10

User notes: Felt slightly distracted in the afternoon.