====Friday 17/07/2020====

Energy before work start in the morning: 9 / 10

Energy after morning work block: 6 / 10

Morning tasks: Updated dashboard, Attended meeting

Energy before work start in the afternoon: 3 / 10

Energy after afternoon work block: 6 / 10

Afternoon tasks: Sorted project files, Processed emails

Focus level: 9 / 10

Interruptions: 3

Mental effort: 8 / 10

User notes: Felt productive overall.

====Saturday 18/07/2020====

Energy before work start in the morning: 3 / 10

Energy after morning work block: 6 / 10

Morning tasks: Updated dashboard, Attended meeting

Energy before work start in the afternoon: 7 / 10

Energy after afternoon work block: 4 / 10

Afternoon tasks: Attended meeting, Processed emails

Focus level: 6 / 10

Interruptions: 3

Mental effort: 4 / 10

User notes: Energy drop after lunch.

====Monday 20/07/2020====

Energy before work start in the morning: 4 / 10

Energy after morning work block: 5 / 10

Morning tasks: Wrote summary report, Wrote summary report

Energy before work start in the afternoon: 9 / 10

Energy after afternoon work block: 5 / 10

Afternoon tasks: Processed emails, Updated dashboard

Focus level: 8 / 10

Interruptions: 4

Mental effort: 5 / 10

User notes: Struggled to concentrate mid-afternoon.

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

Energy before work start in the morning: 7 / 10

Energy after morning work block: 3 / 10

Morning tasks: Processed emails, Sorted project files

Energy before work start in the afternoon: 8 / 10

Energy after afternoon work block: 9 / 10

Afternoon tasks: Wrote summary report, Annotated dataset

Focus level: 7 / 10

Interruptions: 2

Mental effort: 8 / 10

User notes: No major issues today.