

====Monday 27/07/2020====

Energy before work start in the morning: 9 / 10

Energy after morning work block: 9 / 10

Morning tasks: Updated dashboard, Drafted proposal

Energy before work start in the afternoon: 8 / 10

Energy after afternoon work block: 5 / 10

Afternoon tasks: Reviewed document, Reviewed document

Focus level: 6 / 10

Interruptions: 4

Mental effort: 5 / 10

User notes: Interrupted a few times.

====Tuesday 28/07/2020====

Energy before work start in the morning: 9 / 10

Energy after morning work block: 7 / 10

Morning tasks: Cleaned codebase, Wrote summary report

Energy before work start in the afternoon: 9 / 10

Energy after afternoon work block: 9 / 10

Afternoon tasks: Reviewed document, Sorted project files

Focus level: 6 / 10

Interruptions: 0

Mental effort: 5 / 10

User notes: Interrupted a few times.

====Wednesday 29/07/2020====

Energy before work start in the morning: 3 / 10

Energy after morning work block: 7 / 10

Morning tasks: Sorted project files, Annotated dataset

Energy before work start in the afternoon: 9 / 10

Energy after afternoon work block: 4 / 10

Afternoon tasks: Wrote summary report, Reviewed document

Focus level: 9 / 10

Interruptions: 3

Mental effort: 8 / 10

User notes: Felt slightly distracted in the afternoon.

====Thursday 30/07/2020====

Energy before work start in the morning: 3 / 10

Energy after morning work block: 3 / 10

Morning tasks: Wrote summary report, Drafted proposal

Energy before work start in the afternoon: 3 / 10

Energy after afternoon work block: 5 / 10

Afternoon tasks: Drafted proposal, Sorted project files

Focus level: 7 / 10

Interruptions: 2

Mental effort: 8 / 10

User notes: Interrupted a few times.