

====Friday 03/07/2020====

Energy before work start in the morning: 8 / 10

Energy after morning work block: 9 / 10

Morning tasks: Updated dashboard, Updated dashboard

Energy before work start in the afternoon: 6 / 10

Energy after afternoon work block: 4 / 10

Afternoon tasks: Cleaned codebase, Reviewed document

Focus level: 6 / 10

Interruptions: 2

Mental effort: 3 / 10

User notes: Good focus in the morning.

====Saturday 04/07/2020====

Energy before work start in the morning: 4 / 10

Energy after morning work block: 7 / 10

Morning tasks: Drafted proposal, Sorted project files

Energy before work start in the afternoon: 9 / 10

Energy after afternoon work block: 7 / 10

Afternoon tasks: Updated dashboard, Attended meeting

Focus level: 6 / 10

Interruptions: 4

Mental effort: 5 / 10

User notes: Interrupted a few times.