====Monday 13/07/2020====

Energy before work start in the morning: 9 / 10

Energy after morning work block: 9 / 10

Morning tasks: Sorted project files, Updated dashboard

Energy before work start in the afternoon: 8 / 10

Energy after afternoon work block: 3 / 10

Afternoon tasks: Cleaned codebase, Cleaned codebase

Focus level: 9 / 10

Interruptions: 2

Mental effort: 5 / 10

User notes: Interrupted a few times.

====Tuesday 14/07/2020====

Energy before work start in the morning: 9 / 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: 4 / 10

Afternoon tasks: Sorted project files, Sorted project files

Focus level: 8 / 10

Interruptions: 3

Mental effort: 6 / 10

User notes: Felt slightly distracted in the afternoon.

====Thursday 16/07/2020====

Energy before work start in the morning: 5 / 10

Energy after morning work block: 8 / 10

Morning tasks: Updated dashboard, Drafted proposal

Energy before work start in the afternoon: 7 / 10

Energy after afternoon work block: 6 / 10

Afternoon tasks: Drafted proposal, Processed emails

Focus level: 7 / 10

Interruptions: 2

Mental effort: 7 / 10

User notes: Good focus in the morning.

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

Energy before work start in the morning: 8 / 10

Energy after morning work block: 8 / 10

Morning tasks: Updated dashboard, Attended meeting

Energy before work start in the afternoon: 5 / 10

Energy after afternoon work block: 6 / 10

Afternoon tasks: Annotated dataset, Annotated dataset

Focus level: 7 / 10

Interruptions: 1

Mental effort: 8 / 10

User notes: No major issues today.