

====Sunday 09/08/2020====

Energy before work start in the morning: 7 / 10

Energy after morning work block: 9 / 10

Morning tasks: Wrote summary report, Annotated dataset

Energy before work start in the afternoon: 7 / 10

Energy after afternoon work block: 6 / 10

Afternoon tasks: Cleaned codebase, Annotated dataset

Focus level: 5 / 10

Interruptions: 1

Mental effort: 7 / 10

User notes: Felt slightly distracted in the afternoon.

====Wednesday 12/08/2020====

Energy before work start in the morning: 8 / 10

Energy after morning work block: 3 / 10

Morning tasks: Annotated dataset, Annotated dataset

Energy before work start in the afternoon: 6 / 10

Energy after afternoon work block: 7 / 10

Afternoon tasks: Attended meeting, Cleaned codebase

Focus level: 5 / 10

Interruptions: 1

Mental effort: 8 / 10

User notes: No major issues today.

====Friday 14/08/2020====

Energy before work start in the morning: 4 / 10

Energy after morning work block: 9 / 10

Morning tasks: Cleaned codebase, Drafted proposal

Energy before work start in the afternoon: 5 / 10

Energy after afternoon work block: 3 / 10

Afternoon tasks: Attended meeting, Drafted proposal

Focus level: 7 / 10

Interruptions: 4

Mental effort: 5 / 10

User notes: Felt productive overall.

====Saturday 15/08/2020====

Energy before work start in the morning: 8 / 10

Energy after morning work block: 3 / 10

Morning tasks: Reviewed document, Sorted project files

Energy before work start in the afternoon: 4 / 10

Energy after afternoon work block: 6 / 10

Afternoon tasks: Wrote summary report, Processed emails

Focus level: 6 / 10

Interruptions: 4

Mental effort: 5 / 10

User notes: No major issues today.