

==== Saturday 01 August 2020 ====

Energy before work start in the morning: 8 / 10

Energy after morning work block: 3 / 10

Morning tasks: Updated dashboard, Updated dashboard

Energy before work start in the afternoon: 8 / 10

Energy after afternoon work block: 7 / 10

Afternoon tasks: Sorted project files, Annotated dataset

Focus level: 8 / 10

Interruptions: 4

Mental effort: 4 / 10

User notes: Struggled to concentrate mid-afternoon.

==== Sunday 02 August 2020 ====

Energy before work start in the morning: 8 / 10

Energy after morning work block: 5 / 10

Morning tasks: Drafted proposal, Processed emails

Energy before work start in the afternoon: 8 / 10

Energy after afternoon work block: 9 / 10

Afternoon tasks: Reviewed document, Cleaned codebase

Focus level: 8 / 10

Interruptions: 2

Mental effort: 4 / 10

User notes: Good focus in the morning.

==== Monday 03 August 2020 ====

Energy before work start in the morning: 8 / 10

Energy after morning work block: 7 / 10

Morning tasks: Drafted proposal, Sorted project files

Energy before work start in the afternoon: 5 / 10

Energy after afternoon work block: 3 / 10

Afternoon tasks: Cleaned codebase, Updated dashboard

Focus level: 9 / 10

Interruptions: 4

Mental effort: 4 / 10

User notes: Energy drop after lunch.

==== Tuesday 04 August 2020 ====

Energy before work start in the morning: 6 / 10

Energy after morning work block: 5 / 10

Morning tasks: Updated dashboard, Reviewed document

Energy before work start in the afternoon: 4 / 10

Energy after afternoon work block: 4 / 10

Afternoon tasks: Updated dashboard, Wrote summary report

Focus level: 5 / 10

Interruptions: 2

Mental effort: 7 / 10

User notes: Interrupted a few times.

==== Wednesday 05 August 2020 ====

Energy before work start in the morning: 3 / 10

Energy after morning work block: 6 / 10

Morning tasks: Reviewed document, Processed emails

Energy before work start in the afternoon: 8 / 10

Energy after afternoon work block: 9 / 10

Afternoon tasks: Processed emails, Wrote summary report

Focus level: 6 / 10

Interruptions: 0

Mental effort: 6 / 10

User notes: Struggled to concentrate mid-afternoon.