

====Saturday 25/07/2020====

Energy before work start in the morning: 3 / 10

Energy after morning work block: 4 / 10

Morning tasks: Sorted project files, Sorted project files

Energy before work start in the afternoon: 4 / 10

Energy after afternoon work block: 4 / 10

Afternoon tasks: Reviewed document, Updated dashboard

Focus level: 5 / 10

Interruptions: 4

Mental effort: 3 / 10

User notes: Felt productive overall.

====Sunday 26/07/2020====

Energy before work start in the morning: 6 / 10

Energy after morning work block: 3 / 10

Morning tasks: Cleaned codebase, Attended meeting

Energy before work start in the afternoon: 8 / 10

Energy after afternoon work block: 7 / 10

Afternoon tasks: Sorted project files, Reviewed document

Focus level: 6 / 10

Interruptions: 0

Mental effort: 6 / 10

User notes: Energy drop after lunch.

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

Energy before work start in the morning: 4 / 10

Energy after morning work block: 9 / 10

Morning tasks: Sorted project files, Attended meeting

Energy before work start in the afternoon: 5 / 10

Energy after afternoon work block: 5 / 10

Afternoon tasks: Drafted proposal, Processed emails

Focus level: 7 / 10

Interruptions: 1

Mental effort: 6 / 10

User notes: Good focus in the morning.

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

Energy before work start in the morning: 9 / 10

Energy after morning work block: 7 / 10

Morning tasks: Processed emails, Annotated dataset

Energy before work start in the afternoon: 4 / 10

Energy after afternoon work block: 5 / 10

Afternoon tasks: Reviewed document, Processed emails

Focus level: 9 / 10

Interruptions: 3

Mental effort: 6 / 10

User notes: Felt productive overall.