====Tuesday 21/07/2020====

Energy before work start in the morning: 3 / 10

Energy after morning work block: 7 / 10

Morning tasks: Processed emails, Updated dashboard

Energy before work start in the afternoon: 6 / 10

Energy after afternoon work block: 6 / 10

Afternoon tasks: Sorted project files, Drafted proposal

Focus level: 8 / 10

Interruptions: 0

Mental effort: 6 / 10

User notes: No major issues today.

====Wednesday 22/07/2020====

Energy before work start in the morning: 6 / 10

Energy after morning work block: 7 / 10

Morning tasks: Reviewed document, Attended meeting

Energy before work start in the afternoon: 5 / 10

Energy after afternoon work block: 9 / 10

Afternoon tasks: Annotated dataset, Updated dashboard

Focus level: 4 / 10

Interruptions: 4

Mental effort: 5 / 10

User notes: Struggled to concentrate mid-afternoon.

====Thursday 23/07/2020====

Energy before work start in the morning: 3 / 10

Energy after morning work block: 3 / 10

Morning tasks: Updated dashboard, Annotated dataset

Energy before work start in the afternoon: 9 / 10

Energy after afternoon work block: 4 / 10

Afternoon tasks: Attended meeting, Updated dashboard

Focus level: 7 / 10

Interruptions: 3

Mental effort: 5 / 10

User notes: No major issues today.

====Friday 24/07/2020====

Energy before work start in the morning: 8 / 10

Energy after morning work block: 9 / 10

Morning tasks: Wrote summary report, Wrote summary report

Energy before work start in the afternoon: 8 / 10

Energy after afternoon work block: 4 / 10

Afternoon tasks: Wrote summary report, Wrote summary report

Focus level: 8 / 10

Interruptions: 1

Mental effort: 6 / 10

User notes: Energy drop after lunch.