

==== Thursday 13 August 2020 ====

Energy before work start in the morning: 7 / 10

Energy after morning work block: 5 / 10

Morning tasks: Sorted project files, Cleaned codebase

Energy before work start in the afternoon: 8 / 10

Energy after afternoon work block: 9 / 10

Afternoon tasks: Attended meeting, Reviewed document

Focus level: 6 / 10

Interruptions: 4

Mental effort: 6 / 10

User notes: Energy drop after lunch.

==== Saturday 15 August 2020 ====

Energy before work start in the morning: 9 / 10

Energy after morning work block: 9 / 10

Morning tasks: Updated dashboard, Sorted project files

Energy before work start in the afternoon: 8 / 10

Energy after afternoon work block: 9 / 10

Afternoon tasks: Processed emails, Attended meeting

Focus level: 7 / 10

Interruptions: 4

Mental effort: 5 / 10

User notes: Felt productive overall.

==== Sunday 16 August 2020 ====

Energy before work start in the morning: 5 / 10

Energy after morning work block: 3 / 10

Morning tasks: Processed emails, Updated dashboard

Energy before work start in the afternoon: 8 / 10

Energy after afternoon work block: 9 / 10

Afternoon tasks: Cleaned codebase, Attended meeting

Focus level: 8 / 10

Interruptions: 3

Mental effort: 5 / 10

User notes: No major issues today.

==== Monday 17 August 2020 ====

Energy before work start in the morning: 4 / 10

Energy after morning work block: 7 / 10

Morning tasks: Attended meeting, Updated dashboard

Energy before work start in the afternoon: 3 / 10

Energy after afternoon work block: 7 / 10

Afternoon tasks: Processed emails, Sorted project files

Focus level: 4 / 10

Interruptions: 1

Mental effort: 7 / 10

User notes: Struggled to concentrate mid-afternoon.

==== Tuesday 18 August 2020 ====

Energy before work start in the morning: 6 / 10

Energy after morning work block: 8 / 10

Morning tasks: Wrote summary report, Attended meeting

Energy before work start in the afternoon: 8 / 10

Energy after afternoon work block: 5 / 10

Afternoon tasks: Drafted proposal, Processed emails

Focus level: 7 / 10

Interruptions: 4

Mental effort: 4 / 10

User notes: Felt slightly distracted in the afternoon.

==== Wednesday 19 August 2020 ====

Energy before work start in the morning: 5 / 10

Energy after morning work block: 3 / 10

Morning tasks: Processed emails, Reviewed document

Energy before work start in the afternoon: 5 / 10

Energy after afternoon work block: 7 / 10

Afternoon tasks: Cleaned codebase, Wrote summary report

Focus level: 8 / 10

Interruptions: 3

Mental effort: 7 / 10

User notes: Good focus in the morning.

==== Thursday 20 August 2020 ====

Energy before work start in the morning: 7 / 10

Energy after morning work block: 3 / 10

Morning tasks: Wrote summary report, Processed emails

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: 5 / 10

Interruptions: 1

Mental effort: 3 / 10

User notes: Felt productive overall.