

==== Wednesday 29 July 2020 ====

Energy before work start in the morning: 3 / 10

Energy after morning work block: 7 / 10

Morning tasks: Annotated dataset, Reviewed document

Energy before work start in the afternoon: 3 / 10

Energy after afternoon work block: 3 / 10

Afternoon tasks: Cleaned codebase, Cleaned codebase

Focus level: 4 / 10

Interruptions: 3

Mental effort: 5 / 10

User notes: Energy drop after lunch.

==== Thursday 30 July 2020 ====

Energy before work start in the morning: 3 / 10

Energy after morning work block: 4 / 10

Morning tasks: Wrote summary report, Wrote summary report

Energy before work start in the afternoon: 7 / 10

Energy after afternoon work block: 7 / 10

Afternoon tasks: Updated dashboard, Drafted proposal

Focus level: 7 / 10

Interruptions: 4

Mental effort: 6 / 10

User notes: Felt productive overall.

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

Energy before work start in the morning: 8 / 10

Energy after morning work block: 3 / 10

Morning tasks: Attended meeting, Sorted project files

Energy before work start in the afternoon: 5 / 10

Energy after afternoon work block: 4 / 10

Afternoon tasks: Sorted project files, Reviewed document

Focus level: 8 / 10

Interruptions: 0

Mental effort: 4 / 10

User notes: Good focus in the morning.