

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

Energy before work start in the morning: 3 / 10

Energy after morning work block: 8 / 10

Morning tasks: Sorted project files, Sorted project files

Energy before work start in the afternoon: 8 / 10

Energy after afternoon work block: 9 / 10

Afternoon tasks: Attended meeting, Wrote summary report

Focus level: 6 / 10

Interruptions: 0

Mental effort: 7 / 10

User notes: Struggled to concentrate mid-afternoon.

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

Energy before work start in the morning: 6 / 10

Energy after morning work block: 9 / 10

Morning tasks: Sorted project files, Wrote summary report

Energy before work start in the afternoon: 3 / 10

Energy after afternoon work block: 4 / 10

Afternoon tasks: Sorted project files, Attended meeting

Focus level: 9 / 10

Interruptions: 1

Mental effort: 7 / 10

User notes: Felt productive overall.

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

Energy before work start in the morning: 6 / 10

Energy after morning work block: 3 / 10

Morning tasks: Wrote summary report, Wrote summary report

Energy before work start in the afternoon: 3 / 10

Energy after afternoon work block: 9 / 10

Afternoon tasks: Annotated dataset, Updated dashboard

Focus level: 8 / 10

Interruptions: 2

Mental effort: 3 / 10

User notes: No major issues today.

====Tuesday 28/07/2020====

Energy before work start in the morning: 3 / 10

Energy after morning work block: 9 / 10

Morning tasks: Sorted project files, Attended meeting

Energy before work start in the afternoon: 9 / 10

Energy after afternoon work block: 4 / 10

Afternoon tasks: Drafted proposal, Annotated dataset

Focus level: 5 / 10

Interruptions: 3

Mental effort: 3 / 10

User notes: Good focus in the morning.