

====Thursday 09/07/2020====

Energy before work start in the morning: 6 / 10

Energy after morning work block: 8 / 10

Morning tasks: Sorted project files, Wrote summary report

Energy before work start in the afternoon: 6 / 10

Energy after afternoon work block: 9 / 10

Afternoon tasks: Attended meeting, Cleaned codebase

Focus level: 8 / 10

Interruptions: 0

Mental effort: 5 / 10

User notes: No major issues today.

====Friday 10/07/2020====

Energy before work start in the morning: 4 / 10

Energy after morning work block: 9 / 10

Morning tasks: Attended meeting, Cleaned codebase

Energy before work start in the afternoon: 9 / 10

Energy after afternoon work block: 7 / 10

Afternoon tasks: Wrote summary report, Updated dashboard

Focus level: 9 / 10

Interruptions: 2

Mental effort: 5 / 10

User notes: No major issues today.

====Saturday 11/07/2020====

Energy before work start in the morning: 8 / 10

Energy after morning work block: 5 / 10

Morning tasks: Wrote summary report, Updated dashboard

Energy before work start in the afternoon: 6 / 10

Energy after afternoon work block: 7 / 10

Afternoon tasks: Processed emails, Sorted project files

Focus level: 6 / 10

Interruptions: 0

Mental effort: 7 / 10

User notes: Struggled to concentrate mid-afternoon.