

====Tuesday 11/08/2020====

Energy before work start in the morning: 5 / 10

Energy after morning work block: 3 / 10

Morning tasks: Cleaned codebase, Sorted project files

Energy before work start in the afternoon: 5 / 10

Energy after afternoon work block: 5 / 10

Afternoon tasks: Sorted project files, Reviewed document

Focus level: 6 / 10

Interruptions: 0

Mental effort: 7 / 10

User notes: Interrupted a few times.

====Thursday 13/08/2020====

Energy before work start in the morning: 9 / 10

Energy after morning work block: 4 / 10

Morning tasks: Drafted proposal, Wrote summary report

Energy before work start in the afternoon: 7 / 10

Energy after afternoon work block: 8 / 10

Afternoon tasks: Sorted project files, Annotated dataset

Focus level: 6 / 10

Interruptions: 1

Mental effort: 6 / 10

User notes: Struggled to concentrate mid-afternoon.

====Friday 14/08/2020====

Energy before work start in the morning: 8 / 10

Energy after morning work block: 5 / 10

Morning tasks: Annotated dataset, Attended meeting

Energy before work start in the afternoon: 6 / 10

Energy after afternoon work block: 7 / 10

Afternoon tasks: Sorted project files, Sorted project files

Focus level: 7 / 10

Interruptions: 0

Mental effort: 5 / 10

User notes: Energy drop after lunch.

====Sunday 16/08/2020====

Energy before work start in the morning: 3 / 10

Energy after morning work block: 6 / 10

Morning tasks: Reviewed document, Drafted proposal

Energy before work start in the afternoon: 9 / 10

Energy after afternoon work block: 9 / 10

Afternoon tasks: Attended meeting, Attended meeting

Focus level: 7 / 10

Interruptions: 4

Mental effort: 4 / 10

User notes: Felt productive overall.

====Monday 17/08/2020====

Energy before work start in the morning: 6 / 10

Energy after morning work block: 4 / 10

Morning tasks: Drafted proposal, Attended meeting

Energy before work start in the afternoon: 9 / 10

Energy after afternoon work block: 7 / 10

Afternoon tasks: Updated dashboard, Annotated dataset

Focus level: 5 / 10

Interruptions: 2

Mental effort: 5 / 10

User notes: Good focus in the morning.