====Sunday 02/08/2020====

Energy before work start in the morning: 3 / 10

Energy after morning work block: 8 / 10

Morning tasks: Drafted proposal, Wrote summary report

Energy before work start in the afternoon: 8 / 10

Energy after afternoon work block: 6 / 10

Afternoon tasks: Wrote summary report, Drafted proposal

Focus level: 6 / 10

Interruptions: 4

Mental effort: 4 / 10

User notes: Good focus in the morning.

====Tuesday 04/08/2020====

Energy before work start in the morning: 9 / 10

Energy after morning work block: 5 / 10

Morning tasks: Cleaned codebase, Updated dashboard

Energy before work start in the afternoon: 4 / 10

Energy after afternoon work block: 6 / 10

Afternoon tasks: Updated dashboard, Annotated dataset

Focus level: 5 / 10

Interruptions: 3

Mental effort: 3 / 10

User notes: Energy drop after lunch.

====Wednesday 05/08/2020====

Energy before work start in the morning: 8 / 10

Energy after morning work block: 8 / 10

Morning tasks: Processed emails, Processed emails

Energy before work start in the afternoon: 4 / 10

Energy after afternoon work block: 4 / 10

Afternoon tasks: Annotated dataset, Cleaned codebase

Focus level: 8 / 10

Interruptions: 3

Mental effort: 4 / 10

User notes: Energy drop after lunch.

====Thursday 06/08/2020====

Energy before work start in the morning: 7 / 10

Energy after morning work block: 9 / 10

Morning tasks: Reviewed document, Wrote summary report

Energy before work start in the afternoon: 6 / 10

Energy after afternoon work block: 8 / 10

Afternoon tasks: Sorted project files, Sorted project files

Focus level: 8 / 10

Interruptions: 4

Mental effort: 5 / 10

User notes: Felt productive overall.

====Friday 07/08/2020====

Energy before work start in the morning: 6 / 10

Energy after morning work block: 6 / 10

Morning tasks: Cleaned codebase, Reviewed document

Energy before work start in the afternoon: 9 / 10

Energy after afternoon work block: 3 / 10

Afternoon tasks: Annotated dataset, Attended meeting

Focus level: 5 / 10

Interruptions: 2

Mental effort: 5 / 10

User notes: Good focus in the morning.