

==== Tuesday 11 August 2020 ====

Energy before work start in the morning: 8 / 10

Energy after morning work block: 9 / 10

Morning tasks: Updated dashboard, Sorted project files

Energy before work start in the afternoon: 4 / 10

Energy after afternoon work block: 3 / 10

Afternoon tasks: Wrote summary report, Wrote summary report

Focus level: 7 / 10

Interruptions: 1

Mental effort: 8 / 10

User notes: Good focus in the morning.

==== Wednesday 12 August 2020 ====

Energy before work start in the morning: 5 / 10

Energy after morning work block: 4 / 10

Morning tasks: Processed emails, Reviewed document

Energy before work start in the afternoon: 8 / 10

Energy after afternoon work block: 4 / 10

Afternoon tasks: Wrote summary report, Drafted proposal

Focus level: 5 / 10

Interruptions: 1

Mental effort: 3 / 10

User notes: Interrupted a few times.

==== Friday 14 August 2020 ====

Energy before work start in the morning: 5 / 10

Energy after morning work block: 6 / 10

Morning tasks: Updated dashboard, Wrote summary report

Energy before work start in the afternoon: 6 / 10

Energy after afternoon work block: 7 / 10

Afternoon tasks: Cleaned codebase, Updated dashboard

Focus level: 5 / 10

Interruptions: 2

Mental effort: 8 / 10

User notes: Felt productive overall.

==== Sunday 16 August 2020 ====

Energy before work start in the morning: 5 / 10

Energy after morning work block: 7 / 10

Morning tasks: Sorted project files, Annotated dataset

Energy before work start in the afternoon: 6 / 10

Energy after afternoon work block: 5 / 10

Afternoon tasks: Annotated dataset, Annotated dataset

Focus level: 7 / 10

Interruptions: 1

Mental effort: 6 / 10

User notes: Energy drop after lunch.