====Wednesday 08/07/2020====

Energy before work start in the morning: 8 / 10

Energy after morning work block: 6 / 10

Morning tasks: Wrote summary report, Sorted project files

Energy before work start in the afternoon: 7 / 10

Energy after afternoon work block: 5 / 10

Afternoon tasks: Sorted project files, Reviewed document

Focus level: 4 / 10

Interruptions: 3

Mental effort: 7 / 10

User notes: Felt slightly distracted in the afternoon.

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

Energy before work start in the morning: 4 / 10

Energy after morning work block: 6 / 10

Morning tasks: Cleaned codebase, Wrote summary report

Energy before work start in the afternoon: 7 / 10

Energy after afternoon work block: 9 / 10

Afternoon tasks: Updated dashboard, Attended meeting

Focus level: 8 / 10

Interruptions: 1

Mental effort: 4 / 10

User notes: Felt slightly distracted in the afternoon.

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

Energy before work start in the morning: 7 / 10

Energy after morning work block: 5 / 10

Morning tasks: Annotated dataset, Attended meeting

Energy before work start in the afternoon: 8 / 10

Energy after afternoon work block: 3 / 10

Afternoon tasks: Cleaned codebase, Wrote summary report

Focus level: 4 / 10

Interruptions: 3

Mental effort: 3 / 10

User notes: No major issues today.