

====Wednesday 22/07/2020====

Energy before work start in the morning: 7 / 10

Energy after morning work block: 5 / 10

Morning tasks: Cleaned codebase, Wrote summary report

Energy before work start in the afternoon: 5 / 10

Energy after afternoon work block: 8 / 10

Afternoon tasks: Drafted proposal, Annotated dataset

Focus level: 5 / 10

Interruptions: 3

Mental effort: 6 / 10

User notes: Energy drop after lunch.

====Friday 24/07/2020====

Energy before work start in the morning: 4 / 10

Energy after morning work block: 4 / 10

Morning tasks: Attended meeting, Drafted proposal

Energy before work start in the afternoon: 5 / 10

Energy after afternoon work block: 8 / 10

Afternoon tasks: Sorted project files, Updated dashboard

Focus level: 5 / 10

Interruptions: 3

Mental effort: 6 / 10

User notes: Struggled to concentrate mid-afternoon.

====Monday 27/07/2020====

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: 8 / 10

Energy after afternoon work block: 5 / 10

Afternoon tasks: Processed emails, Annotated dataset

Focus level: 5 / 10

Interruptions: 1

Mental effort: 7 / 10

User notes: Interrupted a few times.

====Tuesday 28/07/2020====

Energy before work start in the morning: 9 / 10

Energy after morning work block: 3 / 10

Morning tasks: Wrote summary report, Annotated dataset

Energy before work start in the afternoon: 7 / 10

Energy after afternoon work block: 5 / 10

Afternoon tasks: Attended meeting, Drafted proposal

Focus level: 4 / 10

Interruptions: 4

Mental effort: 6 / 10

User notes: Good focus in the morning.