

====Thursday 30/07/2020====

Energy before work start in the morning: 8 / 10

Energy after morning work block: 8 / 10

Morning tasks: Attended meeting, Drafted proposal

Energy before work start in the afternoon: 4 / 10

Energy after afternoon work block: 8 / 10

Afternoon tasks: Cleaned codebase, Wrote summary report

Focus level: 7 / 10

Interruptions: 3

Mental effort: 8 / 10

User notes: Good focus in the morning.

====Friday 31/07/2020====

Energy before work start in the morning: 9 / 10

Energy after morning work block: 4 / 10

Morning tasks: Annotated dataset, Attended meeting

Energy before work start in the afternoon: 7 / 10

Energy after afternoon work block: 9 / 10

Afternoon tasks: Drafted proposal, Updated dashboard

Focus level: 6 / 10

Interruptions: 4

Mental effort: 5 / 10

User notes: Interrupted a few times.

====Saturday 01/08/2020====

Energy before work start in the morning: 8 / 10

Energy after morning work block: 5 / 10

Morning tasks: Annotated dataset, Updated dashboard

Energy before work start in the afternoon: 5 / 10

Energy after afternoon work block: 6 / 10

Afternoon tasks: Processed emails, Updated dashboard

Focus level: 8 / 10

Interruptions: 1

Mental effort: 4 / 10

User notes: No major issues today.