

==== Friday 31 July 2020 ====

Energy before work start in the morning: 5 / 10

Energy after morning work block: 4 / 10

Morning tasks: Drafted proposal, Drafted proposal

Energy before work start in the afternoon: 4 / 10

Energy after afternoon work block: 3 / 10

Afternoon tasks: Attended meeting, Annotated dataset

Focus level: 5 / 10

Interruptions: 3

Mental effort: 5 / 10

User notes: Interrupted a few times.

==== Saturday 01 August 2020 ====

Energy before work start in the morning: 8 / 10

Energy after morning work block: 5 / 10

Morning tasks: Annotated dataset, Drafted proposal

Energy before work start in the afternoon: 7 / 10

Energy after afternoon work block: 7 / 10

Afternoon tasks: Annotated dataset, Reviewed document

Focus level: 9 / 10

Interruptions: 3

Mental effort: 3 / 10

User notes: Good focus in the morning.

==== Monday 03 August 2020 ====

Energy before work start in the morning: 9 / 10

Energy after morning work block: 6 / 10

Morning tasks: Annotated dataset, Processed emails

Energy before work start in the afternoon: 5 / 10

Energy after afternoon work block: 3 / 10

Afternoon tasks: Updated dashboard, Annotated dataset

Focus level: 8 / 10

Interruptions: 3

Mental effort: 5 / 10

User notes: Good focus in the morning.

==== Tuesday 04 August 2020 ====

Energy before work start in the morning: 5 / 10

Energy after morning work block: 8 / 10

Morning tasks: Drafted proposal, Cleaned codebase

Energy before work start in the afternoon: 4 / 10

Energy after afternoon work block: 6 / 10

Afternoon tasks: Wrote summary report, Attended meeting

Focus level: 4 / 10

Interruptions: 1

Mental effort: 7 / 10

User notes: Energy drop after lunch.

==== Wednesday 05 August 2020 ====

Energy before work start in the morning: 8 / 10

Energy after morning work block: 5 / 10

Morning tasks: Wrote summary report, Drafted proposal

Energy before work start in the afternoon: 8 / 10

Energy after afternoon work block: 4 / 10

Afternoon tasks: Wrote summary report, Processed emails

Focus level: 6 / 10

Interruptions: 3

Mental effort: 6 / 10

User notes: Interrupted a few times.

==== Saturday 08 August 2020 ====

Energy before work start in the morning: 4 / 10

Energy after morning work block: 7 / 10

Morning tasks: Drafted proposal, Reviewed document

Energy before work start in the afternoon: 3 / 10

Energy after afternoon work block: 5 / 10

Afternoon tasks: Sorted project files, Cleaned codebase

Focus level: 5 / 10

Interruptions: 3

Mental effort: 7 / 10

User notes: Energy drop after lunch.

==== Sunday 09 August 2020 ====

Energy before work start in the morning: 5 / 10

Energy after morning work block: 4 / 10

Morning tasks: Reviewed document, Cleaned codebase

Energy before work start in the afternoon: 3 / 10

Energy after afternoon work block: 4 / 10

Afternoon tasks: Drafted proposal, Drafted proposal

Focus level: 4 / 10

Interruptions: 4

Mental effort: 4 / 10

User notes: Good focus in the morning.