

====Wednesday 15/07/2020====

Energy before work start in the morning: 9 / 10

Energy after morning work block: 8 / 10

Morning tasks: Cleaned codebase, Updated dashboard

Energy before work start in the afternoon: 8 / 10

Energy after afternoon work block: 7 / 10

Afternoon tasks: Reviewed document, Updated dashboard

Focus level: 9 / 10

Interruptions: 4

Mental effort: 5 / 10

User notes: Felt productive overall.

====Saturday 18/07/2020====

Energy before work start in the morning: 5 / 10

Energy after morning work block: 7 / 10

Morning tasks: Wrote summary report, Annotated dataset

Energy before work start in the afternoon: 6 / 10

Energy after afternoon work block: 4 / 10

Afternoon tasks: Sorted project files, Sorted project files

Focus level: 9 / 10

Interruptions: 0

Mental effort: 6 / 10

User notes: Energy drop after lunch.

====Monday 20/07/2020====

Energy before work start in the morning: 8 / 10

Energy after morning work block: 6 / 10

Morning tasks: Cleaned codebase, Processed emails

Energy before work start in the afternoon: 9 / 10

Energy after afternoon work block: 8 / 10

Afternoon tasks: Updated dashboard, Cleaned codebase

Focus level: 5 / 10

Interruptions: 4

Mental effort: 8 / 10

User notes: Struggled to concentrate mid-afternoon.

====Thursday 23/07/2020====

Energy before work start in the morning: 8 / 10

Energy after morning work block: 7 / 10

Morning tasks: Attended meeting, Reviewed document

Energy before work start in the afternoon: 7 / 10

Energy after afternoon work block: 9 / 10

Afternoon tasks: Updated dashboard, Annotated dataset

Focus level: 5 / 10

Interruptions: 1

Mental effort: 3 / 10

User notes: Energy drop after lunch.