

==== Friday 24 July 2020 ====

Energy before work start in the morning: 8 / 10

Energy after morning work block: 7 / 10

Morning tasks: Wrote summary report, Sorted project files

Energy before work start in the afternoon: 5 / 10

Energy after afternoon work block: 8 / 10

Afternoon tasks: Wrote summary report, Drafted proposal

Focus level: 6 / 10

Interruptions: 0

Mental effort: 4 / 10

User notes: Good focus in the morning.

==== Saturday 25 July 2020 ====

Energy before work start in the morning: 9 / 10

Energy after morning work block: 4 / 10

Morning tasks: Drafted proposal, Wrote summary report

Energy before work start in the afternoon: 9 / 10

Energy after afternoon work block: 5 / 10

Afternoon tasks: Attended meeting, Attended meeting

Focus level: 8 / 10

Interruptions: 3

Mental effort: 3 / 10

User notes: Felt slightly distracted in the afternoon.

==== Sunday 26 July 2020 ====

Energy before work start in the morning: 9 / 10

Energy after morning work block: 4 / 10

Morning tasks: Processed emails, Processed emails

Energy before work start in the afternoon: 4 / 10

Energy after afternoon work block: 9 / 10

Afternoon tasks: Annotated dataset, Cleaned codebase

Focus level: 5 / 10

Interruptions: 4

Mental effort: 3 / 10

User notes: Struggled to concentrate mid-afternoon.

==== Monday 27 July 2020 ====

Energy before work start in the morning: 4 / 10

Energy after morning work block: 8 / 10

Morning tasks: Cleaned codebase, Cleaned codebase

Energy before work start in the afternoon: 3 / 10

Energy after afternoon work block: 7 / 10

Afternoon tasks: Wrote summary report, Annotated dataset

Focus level: 7 / 10

Interruptions: 0

Mental effort: 3 / 10

User notes: Energy drop after lunch.