KeptMind

Focus Session Log

Track your sessions to find the conditions where you do your best work.

WEEK OF: _____ · GOAL: FIND MY BEST FOCUS CONDITIONS

Best environment: _____

Best time of day: _____

Best session length: _____

SESSION LOG

Date	Start	Duration	Task	Energy (1-5)	Focus (1-5)	Distractions	Environment	Notes

PATTERNS I NOTICE

_____

_____

_____

_____

CHANGES TO TRY NEXT WEEK

_____

_____

_____

_____

KeptMind captures tasks and energy automatically — pair it with this log to build your personal focus profile over time.