exhaustionE - Protocol 50/10 and 25/5

Am I working concentrated? Date: ____________________

□ EWS 1	□ EWS 2	work beyond EWS 2, needs
□ EWS 1 □ 5 □ no	□ EWS 2 □ 10 □ no	10 + (t ____ ÷ 2) = min. □ no
□ EWS 1 □ 5 □ no	□ EWS 2 □ 10 □ no	10 + (t ____ ÷ 2) = min. □ no
□ EWS 1 □ 5 □ no	□ EWS 2 □ 10 □ no	10 + (t ____ ÷ 2) = min. □ no
□ EWS 1 □ 5 □ no	□ EWS 2 □ 10 □ no	10 + (t ____ ÷ 2) = min. □ no
□ EWS 1 □ 5 □ no	□ EWS 2 □ 10 □ no	10 + (t ____ ÷ 2) = min. □ no
□ EWS 1 □ 5 □ no	□ EWS 2 □ 10 □ no	10 + (t ____ ÷ 2) = min. □ no
□ EWS 1 □ 5 □ no	□ EWS 2 □ 10 □ no	10 + (t ____ ÷ 2) = min. □ no
□ EWS 1 □ 5 □ no	□ EWS 2 □ 10 □ no	10 + (t ____ ÷ 2) = min. □ no
□ EWS 1 □ 5 □ no	□ EWS 2 □ 10 □ no	10 + (t ____ ÷ 2) = min. □ no
□ EWS 1 □ 5 □ no	□ EWS 2 □ 10 □ no	10 + (t ____ ÷ 2) = min. □ no
□ EWS 1 □ 5 □ no	□ EWS 2 □ 10 □ no	10 + (t ____ ÷ 2) = min. □ no
□ EWS 1 □ 5 □ no	□ EWS 2 □ 10 □ no	10 + (t ____ ÷ 2) = min. □ no
□ EWS 1 □ 5 □ no	□ EWS 2 □ 10 □ no	10 + (t ____ ÷ 2) = min. □ no
□ EWS 1 □ 5 □ no	□ EWS 2 □ 10 □ no	10 + (t ____ ÷ 2) = min. □ no
□ EWS 1 □ 5 □ no	□ EWS 2 □ 10 □ no	10 + (t ____ ÷ 2) = min. □ no
□ EWS 1 □ 5 □ no	□ EWS 2 □ 10 □ no	10 + (t ____ ÷ 2) = min. □ no

*(t) corresponds to the time from which work continues beyond EWS 2, i.e. despite difficulties in concentrating. Measure the time (t) with a TIMER and calculate 10+(t ÷ 2), as the need for breaks beyond EWS 2 increases steadily over time! Example: If work is continued for 100 minutes beyond EWS 2 despite existing concentration problems, the recovery time is calculated as follows: 10+(t ÷ 2) with 10+(100 ÷ 2) = 60 min. Such a long recovery time is not feasible in everyday working life! To avoid long recovery times, you should react promptly to EWS 1 and EWS 2.