THE POMODORO TECHNIQUE

A time management method.

1 Decide on the task to be completed.

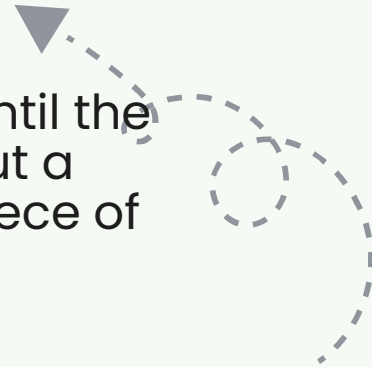**2** Set a timer for 25 minutes, the length of one "pomodoro."

3 Work on the task until the timer rings, then put a checkmark on a piece of paper.

4 Take a short break (usually 5 minutes) to stretch and relax.

5 After four pomodoros, take a longer break (usually 15-30 minutes).

POMODORO TRACKER

Date: _____

TASK	POMODORO SESSIONS	DONE
_____	○○○○ ○○○○ ○○○○ ○○○○ ○○○○	○
_____	○○○○ ○○○○ ○○○○ ○○○○ ○○○○	○
_____	○○○○ ○○○○ ○○○○ ○○○○ ○○○○	○
_____	○○○○ ○○○○ ○○○○ ○○○○ ○○○○	○
_____	○○○○ ○○○○ ○○○○ ○○○○ ○○○○	○
_____	○○○○ ○○○○ ○○○○ ○○○○ ○○○○	○
_____	○○○○ ○○○○ ○○○○ ○○○○ ○○○○	○
_____	○○○○ ○○○○ ○○○○ ○○○○ ○○○○	○
_____	○○○○ ○○○○ ○○○○ ○○○○ ○○○○	○
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REMINDERS & NOTES

RECOMMENDED TIMER APPS

Focus Keeper (iOS): Simple and easy to use
Pomofocus.io (Web): Clean UI with task tracking
Forest (iOS/Android): Grow a virtual tree while you stay focused

POMODORO STARTER KIT

Be Focused (Mac): Great for desktop users
Focus To-Do (iOS/Android/Web): Combines Pomodoro with task managemen

MOTIVATIONAL QUOTE CARDS

"You don't have to be extreme, just consistent."
"One Pomodoro at a time. Progress over perfection."
"Work with time, not against it." - Francesco Cirillo
"Start now. Not tomorrow. Not later. Now."
"Focus. Break. Repeat. The rhythm that beats chaos.