

POMODORO TASK PLANNER

DATE

POMODOROS COMPLETED

WHAT IS THE POMODORO METHOD?

- Decide on the Task to be done.
- Set the Pomodoro timer to "n" minutes (Traditionally 25).
- Work on the task until the timer rings; Check the circle once you completed one Pomodoro.
- Take a short break (3-5 minutes).
- After four Pomodoros, take a longer break (15-30 minutes).

TASK	GOALS/SUB-TASK	POMODOROS	DONE?
			
			
			
			
			

NOTES AND REFLECTIONS
