



name: _____

date: ____/____/____

POMODORO Technique

PUT THE TECHNIQUE INTO PRACTICE

Focus for 25 minutes on a task. After that period mark a pomodoro (tomato) and take a short break of 5 minutes. After 4 pomodoros take a longer break, take the opportunity to have a glass of water and relax a little. Repeat these steps until you have completed your task.

	    	    	    
	    	    	    
	    	    	    
	    	    	    
	    	    	    
	    	    	    
	    	    	    
	    	    	    
	    	    	    
	    	    	    
	    	    	    
	    	    	    
	    	    	    
	    	    	    
	    	    	    
	    	    	    
	    	    	    
	    	    	    
	    	    	    