## What is the Pomodoro Technique?



Step 1 - Set your tasks



Step 2 – Set a 25-minute timer

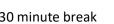


Step 3 – Work on your task until the time is up



Step 4 – Take a 5 minute break

Number of minutes completed .....





Number of minutes completed .....

Step 5 –Every four pomodoros, take a longer 15-30 minute break	
Tasks to complete	Tasks to complete
Make notes from p. 25-6 in Philosophy textbook	o
o Complete 'brain dump' on Mind, Body, Soul unit	o
Answer dualism question in timed conditions	o
Quiz myself using flash cards	0
o Review	0
Tick for each pomodoro completed today	Tick for each pomodoro completed today
Number of minutes completed	Number of minutes completed
Tasks to complete	Tasks to complete
O	0
0	0
O	0
O	0
0	0
Tick for each pomodoro completed today	Tick for each pomodoro completed today

## What is the Pomodoro Technique?



Step 1 - Set your tasks



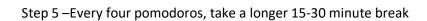
Step 2 – Set a 25-minute timer



Step 3 – Work on your task until the time is up



🖒 Step 4 – Take a 5 minute break



() Est
Philosophy Cat
doro completed today
completed
completed
doro completed today
ŎŎŎŎŎ

Tasks to complete	Tasks to complete
0	0
0	0
0	0
0	0
0	0
Tick for each pomodoro completed today	Tick for each pomodoro completed today
Number of minutes completed	Number of minutes completed
Tasks to complete	Tasks to complete
0	0
0	0
0	0
0	0
0	0
Tick for each pomodoro completed today	Tick for each pomodoro completed today
Number of minutes completed	Number of minutes completed