

POMODORO TECHNIQUE



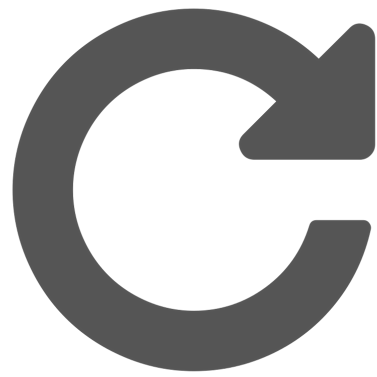
**SELECT A SINGLE
TASK TO FOCUS ON**

**SET A TIMER FOR
25-30 MINUTES
AND WORK
CONTINUOUSLY
UNTIL THE TIMER
GOES OFF.**



**TAKE A
PRODUCTIVE 5-
MINUTE BREAK.**

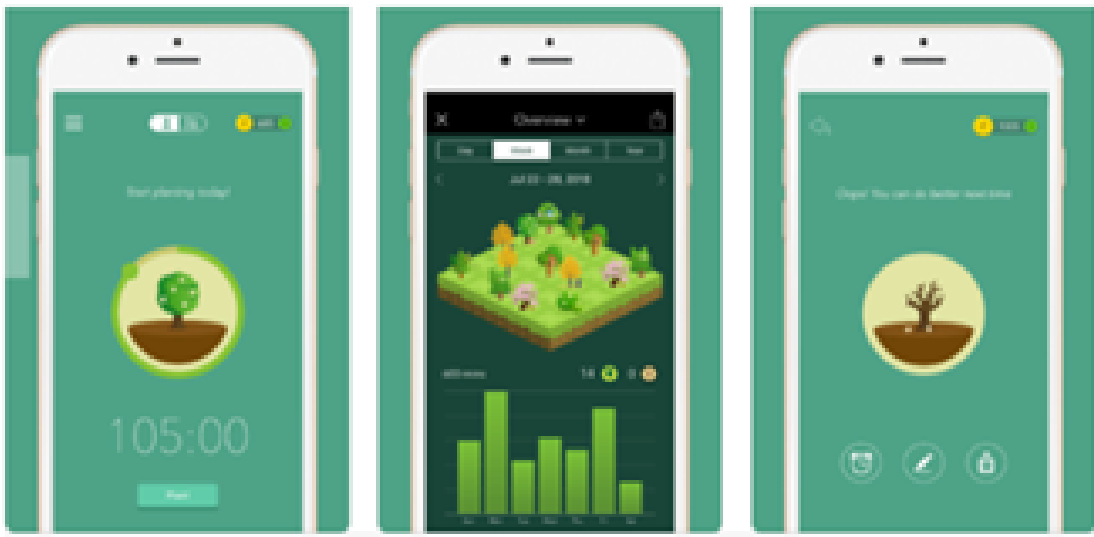
**REPEAT FOR
4 ROUNDS.**



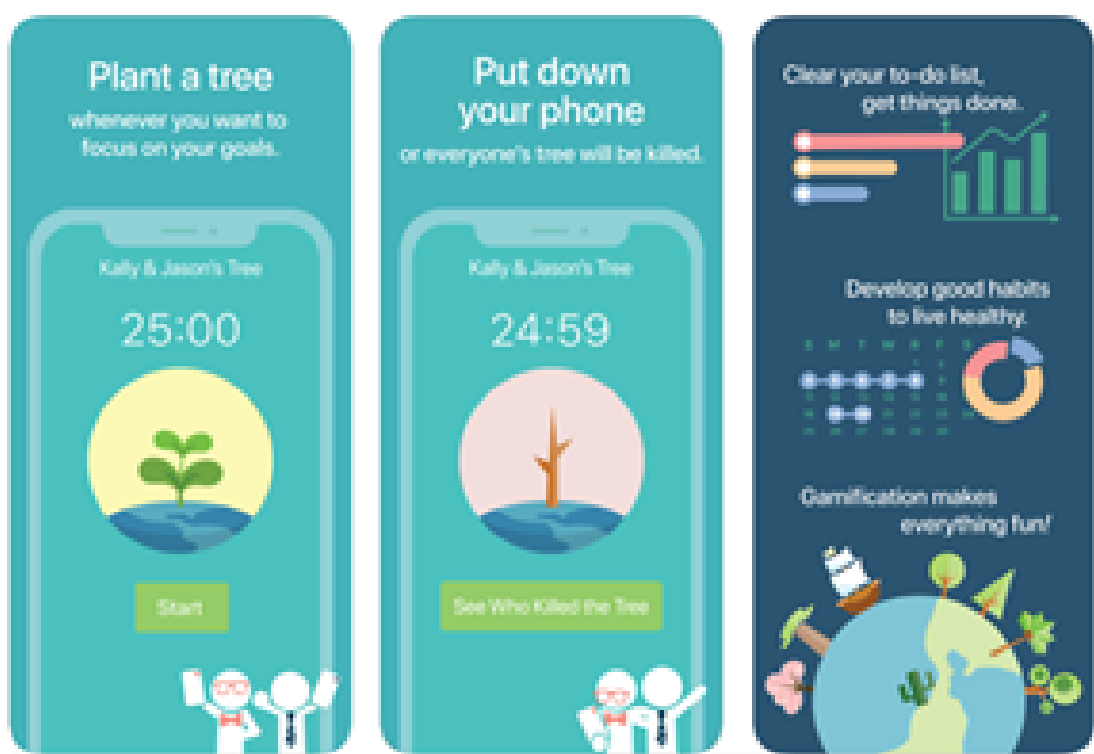
**TAKE A LONGER
BREAK
(20-30 MINUTES).**



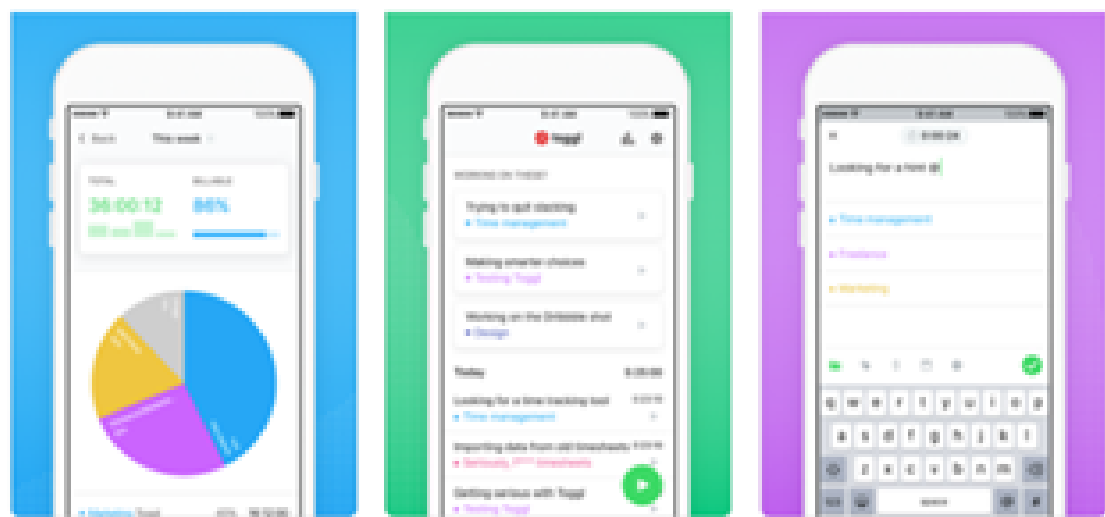
POMODORO TECHNIQUE APPS



FOREST



FLORA



TOGGL



FOCUS KEEPER

