POMODORO TECHNIQUE

STUDY LAB

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**
- Plant a tree whenever you want to focus on your goals.
- Put down your phone or everyone’s tree will be killed.

**FLORA**
- Clear you to-do list, get things done.
- Develop good habits to live healthy.
- Gamification makes everything fun!

**TOGGL**
- Time tracking app for focus.

**FOCUS KEEPER**
- Track time spent on tasks.