POMODORO PLANNER

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Each Pomodoro unit is for 25 mins of concentrated work, followed by a break of 5 mins. After a session of 4 Pomodoro units, take a long break of 30 mins before next session.

TASK - 1	TASK - 2	TASK - 3	TASK - 4

PLAN	ACTUAL	PLAN	ACTUAL	PLAN	ACTUAL	PLAN	ACTUAL

POMODORO UNITS COMPLETED

Sub-Tasks	1	2	3	4	5	6	7	8
1								
2								
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NOTES

How did it go?

ACTIVITIES FOR BREAK

HYDRATION REMINDER

GROWTURF

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