

POMODORO PLANNER

List each task in the order that you intend to complete the work.

If you have any distracting thoughts, note them where it says “**TO DO LATER**” for when you have a break or when your work is complete.

TASK TO COMPLETE	Check when complete	Is work put where it needs to go?	How long did it take?

Protect the Pomodoro!

Commit to make your work time efficient and valuable so you can enjoy free time knowing your work is completed.

TO DO LATER:

