

POMODORO TECHNIQUE



Space your work out into 20-25 minute intervals with 5-10 minute breaks in between. Plan out what you will work on for each work interval such as what section of the text you are studying or what assignment you need to complete. Plan out break intervals too!

Task	Time Interval	What am I working on?
Work		
Break		
Work		
Break		
Work		
Break		
Work		