

Pomodoro Technique



There are days when it's difficult for us to sit and focus on the things we need to do. Using this Pomodoro Technique will help you achieve your goals for the day in a sustainable manner by applying the 25-5 technique.

Work and focus hard for 25 minutes then take a 5 minute break.

Repeat this cycle for 4 times and reward yourself with a long break before you start again. You will be amazed at how this technique can help you tick off the things in your to-do list.

TIME	LENGTH	TASK	DONE
	25 Minutes		<input type="checkbox"/>
5 Minute Break			
	25 Minutes		<input type="checkbox"/>
5 Minute Break			
	25 Minutes		<input type="checkbox"/>
5 Minute Break			
	25 Minutes		<input type="checkbox"/>
10 to 30 minute break Good job! Repeat the cycle after your break			