POMODORO TRACKER

TASK	25	5	25	5	25	5	25	30	DONE

PICK A TASK, WORK FOR 25 MINUTES, TAKE A BREAK FOR 5 MINUTES. AFTER FOUR PERIODS OF WORKING FOR 25 MINUTES TAKE A LONGER BREAK LASTING 30 MINUTES. TICK OFF EACH POMODORO AND REPEAT IF NEEDED!

THE NORTHERN SCHOOL OF ART