

Pomodoro Study Technique

How to break up your work session

To make it more manageable

1. Write down a task (or tasks) that you would like to get done within 25 minutes. It might involve bundling some together, or dividing some across multiple 25 minute spans.
2. Set a timer for 25 minutes.
3. Work on the task without any interruptions until it rings. If you have a thought, write it down somewhere, and then go back to work. It's just 25 minutes. Once you finish, check off the box!
4. Once it rings, wrap up and take a 5-10 minute break (your brain will thank you later). Go for a walk, talk to a friend, get a cup of tea.
5. Every 4 "Pomodoro's", take a longer break, 20-30 minutes, until you're done for the day!

✓	Task:	Time	Total Time
	Task:	25 min	30 min
	Task:	25 min	1 hr
	Task:	25 min	1 ½ hrs
	Task:	25 min	2 hrs
	<i>Long Break</i>	20-30	2 ½ hrs
	Task:	25 min	3 hrs
	Task:	25 min	3 ½ hrs
	Task:	25 min	4 hrs
	Task:	25 min	4 ½ hrs
	<i>Long Break</i>	20-30	5 hrs
	Task:	25 min	5 ½ hr
	Task:	25 min	6 hrs
	Task:	25 min	6 ½ hrs
	Task:	25 min	7 hrs
Good job!			