Emplementation:		Follow-ups:
Task sheet:		-
Action Item:		
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		_
Context:		
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		-
		_
		Distractions:
Check-in:	Pomodoro;	_
		_
		_
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		_
		_
3) 1- 3 · ·	Pomodoro;	
Check-in:	OMOGOLO,	-
		Disruptions:
		_
		_
Conclusion;	Pomodoro:	
Conclusion	LOWOGOLO!	_
	Total:	_
		_