

Hisham's Custom Pomodoro Daily Planner

Date: June 25, 2025

Time	Activity	Notes
6:00 – 6:15	Meditation & Stretching	
6:15 – 6:40	Pomodoro 1	
6:40 – 6:45	Break	
6:45 – 7:10	Pomodoro 2	
7:10 – 7:15	Break	
7:15 – 7:40	Pomodoro 3	
7:40 – 7:45	Break	
7:45 – 8:10	Pomodoro 4	
8:10 – 9:05	Long Break	
9:05 – 9:30	Pomodoro 5	
9:30 – 9:35	Break	
9:35 – 10:00	Pomodoro 6	
10:00 – 10:05	Break	
10:05 – 10:30	Pomodoro 7	
10:30 – 10:35	Break	
10:35 – 11:00	Pomodoro 8	
11:00 – 11:15	Break	
11:15 – 11:40	Pomodoro 9	
11:40 – 11:45	Break	
11:45 – 12:10	Pomodoro 10	
12:10 – 12:15	Break	
12:15 – 12:40	Pomodoro 11	
12:40 – 12:45	Break	
12:45 – 1:10	Pomodoro 12	
1:10 – 1:45	Long Break	
1:45 – 2:10	Pomodoro 13	
2:10 – 2:15	Break	
2:15 – 2:40	Pomodoro 14	
2:40 – 2:45	Break	
2:45 – 3:10	Pomodoro 15	
3:10 – 3:15	Break	
3:15 – 3:40	Pomodoro 16	
3:40 – 4:00	Long Break	
4:00 – 4:25	Pomodoro 17	
4:25 – 4:30	Break	
4:30 – 4:55	Pomodoro 18	
4:55 – 5:00	Break	
5:00 – 5:25	Pomodoro 19	
5:25 – 5:30	Break	
5:30 – 5:55	Pomodoro 20	
5:55 – 7:15	Long Break	
7:15 – 7:40	Pomodoro 21	

7:40 – 7:45	Break
7:45 – 8:10	Pomodoro 22
8:10 – 8:15	Break
8:15 – 8:40	Pomodoro 23
8:40 – 8:45	Break
8:45 – 9:10	Pomodoro 24 – Review What You Learned
9:10 – 9:30	Plan Next Day