

# wepomo

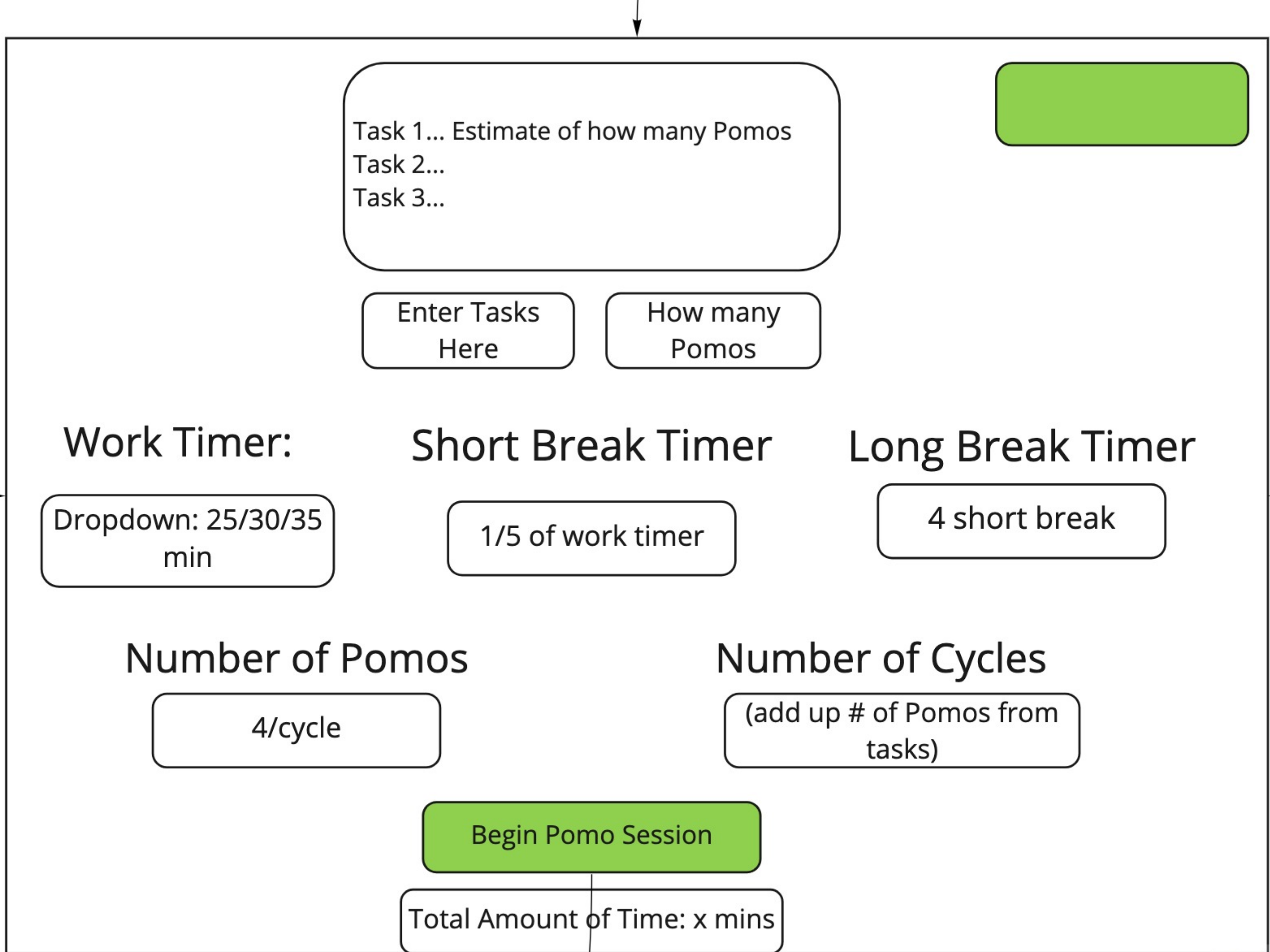


start

Log In

How To

Fun Fact: Pomodoro Is Tomato in Italian!





23:27

RESEARCH

Completed in 1 Pomo

DRAFT

PROOF READ

PROOF READ

Abort



# Your Results

flavour text about this page being retrospective and that you should fill in whatever you did



Finish timesheet



# wepomo

Log in or create an account

Username

Password

————— or —————

Email

# how to

1. write down your tasks for the day
2. estimate how many pomos each task will take
3. set your work and break timers
4. begin a pomo
5. take a short break after 1 pomo
6. take a longer break after completing 1 cycle (4 pomos)
7. assess your tasks completed and pomo estimates
8. start a new cycle if needed

Home Page

Set Up

When working with a Pomodoro Timer, focus entirely on the task at hand and avoid any distractions! Learn more about the Pomodoro Technique at:

<https://todoist.com/productivity-methods/pomodoro-technique>



# settings

## Alarms

Quick-Break

+

1 Beep

-

Long-Break

+

1 Beep

-

Break over Notification



Notification Blocker



Black Screen



Airplane Mode



Minimize on Time Start



Home Page



# wepomo

Great Job!

Things completed:

1. sample text (2 pomos)
2. sample text (# pomos)
3. sample text (# pomos)

Things left to do:

1. sample text
2. sample text
3. sample text

**Assessment**





# Aborting a session 'skips' a pomodoro

3:27

Abort

Click if completed that goal

Goal	Complete?
Finish one problem on pset for cse 110	<input type="checkbox"/>
Short \$GME	<input type="checkbox"/>

Cycle loops for as many pomos as the user has set up

**Problem:** Too easy to get distracted by other things around you, lowering your productivity. Cannot concentrate on work for a long period of time

**Solution:** Break down your work into intervals, segment how long you work and give yourself breaks in between. Have a way to log activity, distractions, and view your progress

Pomodoro timer's main function is to alleviate the anxiety of having a unwieldy large goal at hand

Pomodoro Technique Sources:

<https://todoist.com/productivity-methods/pomodoro-technique>  
<https://francescocirillo.com/pages/pomodoro-technique>  
[https://en.wikipedia.org/wiki/Pomodoro\\_Technique](https://en.wikipedia.org/wiki/Pomodoro_Technique)

Reference Pomodoro Timers:

<https://pomofocus.io/>  
<http://www.tomatotimers.com/>

## Remember What Pomodoro is About

- The Pomodoro Technique is about:
  - Effective time use
  - Focus (related to effective time use)
  - Reducing anxiety (related to focus)
- The ideas of blocking websites, surpassing notifications, changing state of messengers, playing social music, encouraging sounds or pictures, etc are all part of what Pomos trying to solve
- A Pomo is just a timer.... the context is key



# tasks

task	pomo estimate
assignment 1	1
hw 3	2



## work timer

25/30/35 min

## short break timer

1/5 of work timer

## long break timer

4 short break

## number of pomos

add up pomo estimates

## number of cycles

4 pomos/cycle

**Begin**

**Total time: 90 min**

How do we break up small tasks?

- Goal based mode (check as many things off as you can, per pomodoro)
- Pomodoro based mode (focus on one thing for each pomodoro)

Progress bar vs. Timer?

Do we want a setting to completely block the screen (so you don't get distracted by the timer?)

Should your task list be visible at all times?

Should one be allowed to "check off" tasks during the timer itself?

When do we get to view our task list? (anytime, after a work session ends, after the entire pomodoro ends?)

#### **Rough Features Brainstorm:**

First Page/Setup Page:

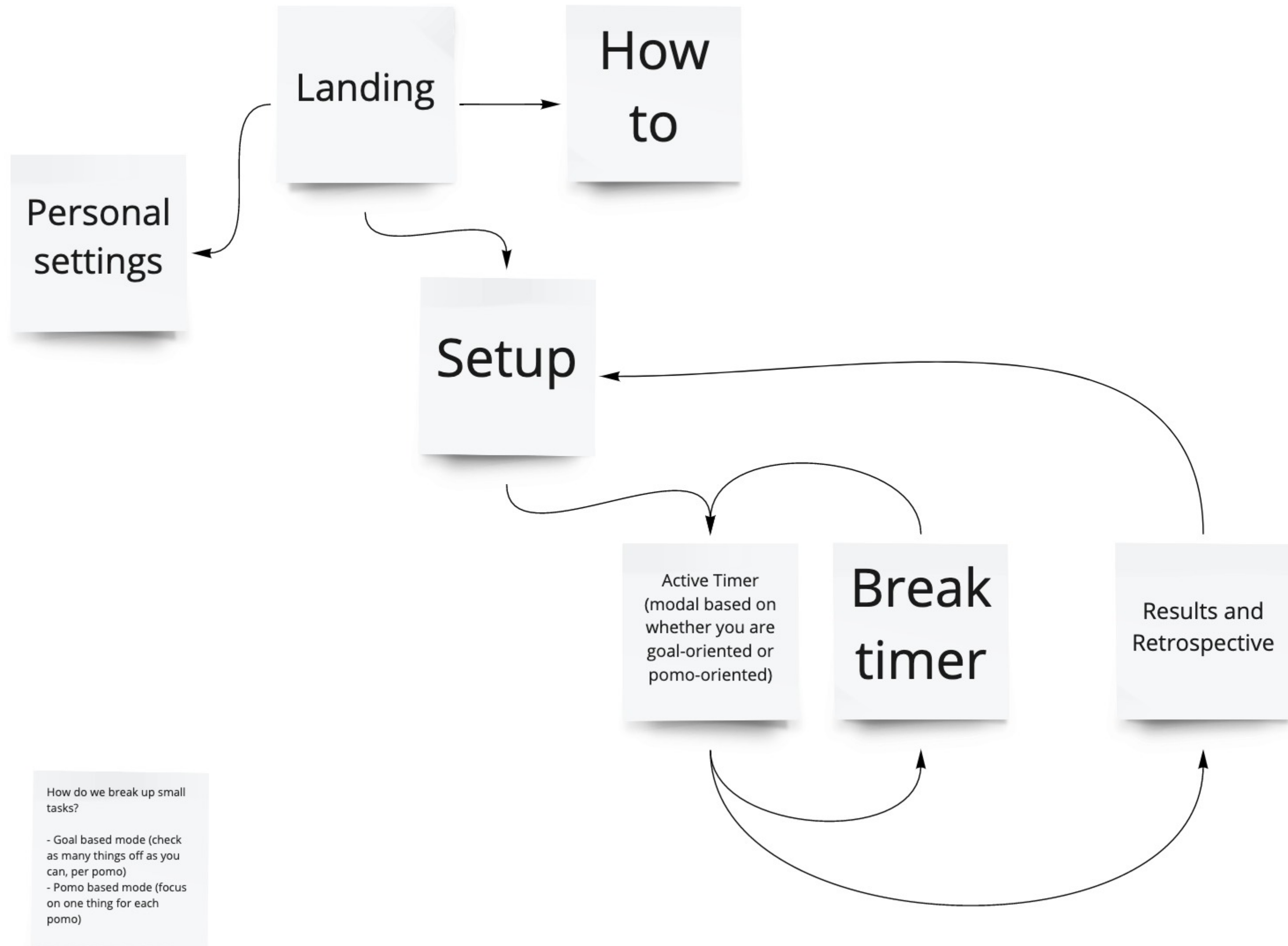
- Write how many Pomodoros want to do in this stretch
- Set goals that you can finish
- How many pomodoros for each goal
- information button - link to something that gives the purpose on a separate page
- Minimize the page
- login feature: store past data (?)
- fun facts about timing at the bottom (?)

Second Page/Timer Page:

- Countdown Clock
- Abort Session - leave the whole session, cannot return to this one
- Total Pomodoro progress bar (?)
- Current Task you are working on (?)
- After the timer: did you finish this task?
- Mute Notifications on Computer (?)
- Block sites (?)
- User input sites (?)
- May not work because need to use the terminal
- During Break:
  - Checklist of tasks you had, mark them off and move onto the next one

Final Page/Summary Page:

- Checklist from beginning: add actual number of Pomodoros required for each task
- Button to return to setup page
- Accuracy of time assessment
- Look at WakaTime for ideas: <https://wakatime.com/dashboard>
- Log distractions during that session
- Save to profile (?)



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# Assessment