User notifies the bot that they're ready to start tasks

User is given to-do list and begins a task

User gets a break notification in 25 minutes intervals

User gets a notification after 5 minutes to resume task after break

Bot sends user unfinished to-do list tasks every 2 hours

User completes task and tells the bot to remove it from the to-do list

User notifies bot that they're finished doing tasks for the day and reminders halt until user notifies the bot again