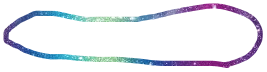
**The Pomodoro Technique**

Each Pomodoro is \_\_20\_\_ minutes long. Each short break is \_\_5\_\_ minutes long.

Each long break is \_\_15\_\_ minutes long.

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| **Task** | **Pomodoro Sessions** | | | | | | | | | | **Task Completed** |
| The Pomodoro Technique (toolkit) |  |  |  |  |  |  |  |  |  |  |  |
| Subnetting Part 2 (networking)  I am choosing this task to do, I think it should just take 2 Pomodoro Sessions | O |  |  |  |  |  |  |  |  |  | YES  Only took 20 minutes, didn’t even get ot my break |
| Create a Screencast (toolkit) |  |  |  |  |  |  |  |  |  |  |  |
| Lab 2: VLANS (networking) |  |  |  |  |  |  |  |  |  |  |  |
| 2 lessons for Typing Practice 2 (toolkit) |  |  |  |  |  |  |  |  |  |  |  |
| Readings + Quiz 3 (networking) |  |  |  |  |  |  |  |  |  |  |  |
| Locus of control “Did you OWN or MOAN”? (toolkit) |  |  |  |  |  |  |  |  |  |  |  |
| The Emergent Task Planner (toolkit) |  |  |  |  |  |  |  |  |  |  |  |
| Google Docs Capabilities – Resume Update (Toolkit) |  |  |  |  |  |  |  |  |  |  |  |
| Lab 3: One Router Routing (networking) |  |  |  |  |  |  |  |  |  |  |  |
| Research Reflection (toolkit) |  |  |  |  |  |  |  |  |  |  |  |
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