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| **User Guide**  **Version 3.0** |

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# Introduction

myAgilePomodoro (mAP) is a micro and macro time management software based upon Agile's best practices and the time management technique called the Pomodoro Technique®. Originally called "myPomodoro", Phil Karoo took over the project starting with version 1.0.

# License

mAP is open-source software, licensed under the [GNU General Public License version 3.0](http://www.gnu.org/licenses/gpl-3.0.txt) (GPLv3).  
All documentation and images are licensed under a [Creative Commons Attribution Non-commercial license](http://creativecommons.org/licenses/by-nc/4.0/).  
Permissions beyond the scope of these licenses may be available at <https://sourceforge.net/projects/mypomodoro/> by contacting Phil Karoo.

# Configuration

mAP is a Java 6/7 standalone application (no installer) that allows two different usages:

* **Local database** (SQLite): this is meant to be used by individuals. At first startup, the application will create its own local database file (myagilepomodoro.db).
* **Remote database** (MySQL): this is meant to be used by co-located small to medium size teams.

## MySQL configuration

In case of **remote database**, the person in charge of configuring the application must create a text file called "mysql.properties" in the directory where the application is located. That person must have permission to create tables in the database:

|  |
| --- |
| database=<database name>  host=<database server address /IP>:<port > (default port number: 3306)  user=<user name>  password=<password> (may be empty) |

Example:

|  |
| --- |
| database=myagilepomodoro  host=localhost  user=myuser  password=mypassword |

At first startup, the application will create the database tables it needs. To join the party, each team member must also create a properties file with her/his own credentials.

pomodoro16.png It is recommended to grant write, update and delete permissions on table "Preferences" only to the person in charge of configuring the application. Likewise, granting delete permission on table "Activities" to that person only will prevent lost of data.

At first startup, the application will also create an error log file (myagilepomodoro.log). Whenever an error happens, the application will write the trace down into the file.

pomodoro16.png The application must be given the privilege to read and write on the local file system of the Operating System (OS).

## Google Drive configuration

To be able to export data to Google Drive, a text file called "google.properties" must be created in the directory where the application is located:

|  |
| --- |
| clientid=<client ID>  clientsecret=<client secret>  redirecturi=<redirect URI>  (see https://developers.google.com/drive/web/about-auth) |

Example:

|  |
| --- |
| clientid=289346736832-fjowijfiowe09rqwrwyhrduffjsid.apps.googleusercontent.com  clientsecret=mVtt-Bq4y672MCoJk88fB900  redirecturi=urn:ietf:wg:oauth:2.0:oob |

At startup time, the application will add the "Google Drive" format to the **File Format** field of the export form.

## myAgilePomodoro configuration

To make the most of mAP it is recommended to have knowledge of the Pomodoro Technique® (v1.3 and above) and Agile’s most common practices and artifacts (backlog management, iteration, story points...). Furthermore, mAP is "Agile methodology agnostic": to a certain extent, Scrum, RUP, XP… and even Kaban projects can be managed with mAP.

However, if the **Pomodoro Mode** is selected in the preferences, only knowledge of the Pomodoro Technique® will be required to properly manage tasks and reports.

pomodoro16.png Terminology: mAP uses the word "task" for all items regardless of their type.

## Preferences

File > Preferences

### How to set the preferences

* Modes:
  + **Agile Mode**: Agile + Pomodoro. The max nb of pomodoros per task (**Max nb pom/task**) is set to be twice the max nb of pomodoros per day (**Max nb pom/day**). It is Agile common practice to set the maximum length of tasks to two days.
  + **Pomodoro Mode**: Pomodoro only. It is Pomodoro common practice to set the max nb of pomodoros per task (**Max nb pom/task**) to 5 pomodoros of 25 minutes.
* **Pomodoro length**: length of pomodoros (minutes). Used to set the timer.
* **Short break length**: length of short breaks (minutes). Used to set the timer.
* **Long break length**: length of long breaks (minutes). Used to set the timer.
* **Max nb pom/task**: maximum number of pomodoros per task. Used to prevent tasks to have too many pomodoros.
* **Max nb pom/day**: maximum number of pomodoros per day. Used in **Pomodoro** **Mode** to prevent the ToDo list to have too many pomodoros.
* **Nb pom/set**: number of pomodoros per set. Used to set the timer. Long breaks happen every set of pomodoros.
* Sounds:
  + **Ticking**: enable/disable ticking. Used to set the timer. Ticking happens during pomodoros.
  + **Ringing**: enable/disable ringing. Used to set the timer. Ringing happens at the end of pomodoros and breaks.
* **Language**: used to display messages and format dates and time.
  + Date:

English (United States): MMM dd yyyy (eg. Sep 06 2011)

Others: dd MMM yyyy (eg. 06 Sep 2011)

* + Time:

English: hh:mm a (eg. 04:35 PM)

Others: HH:mm (eg. 16:35)

* System Tray: (this option appears for OS that support the System Tray feature)
  + **System Tray**: enable/disable system tray icon.
  + **Popup message**: enable/disable system tray popup messages.
* Hours:
  + **Plain Hours**: used to convert estimates (pomodoros + breaks, including last break) into time (hours : minutes or days if hours >= 24h).

Example 1: estimate = 2 pomodoros and **Nb pom/set** = 4 🡪

time = **Pomodoro length** of 2 pomodoros + **Short break length** of 2 short breaks

Example 2: estimate = 4 pomodoros and **Nb pom/set** = 4 🡪

time = **Pomodoro length** of 4 pomodoros + **Short break length** of 3 short breaks + **Long break length** of 1 long break

* **Effective Hours**: used to convert estimates (pomodoros) into time (hours : minutes or days if hours >= 24h).
* **Always On Top**: set the application to remain on top of others applications.

# Getting Started

mAP makes the management of tasks a simple process . Only timing differs: Agile projects take weeks/months whereas the management of ToDo lists is often a matter of days.

1. Add tasks to the Activity List / Backlog (also known as "Activity Inventory Sheet" in the Pomodoro Technique®).
2. [Order](http://www.scrumalliance.org/community/articles/2011/august/it%E2%80%99s-ordered-%E2%80%94-not-prioritized!) the Activity List / Backlog.
3. Move (>>>) tasks to the ToDo List / Iteration Backlog (also known as "ToDo Today Sheet" in the Pomodoro Technique®). Write down a comment (**Pomodoro Mode**) / story (**Agile Mode**).
4. Prioritize the ToDo List / Iteration Backlog. Remove (<<<) tasks considered as out of scope.
5. Work on tasks using (or not using) the timer/the Pomodoro Technique®.
6. Complete / Set as "Done" tasks.
7. Make reports using the Report List / Release Backlog (also known as "Records Sheet" in the Pomodoro Technique®). Reopen tasks considered as not completed / not "Done Done".
8. Issue Burndown/up charts.

## createButton2.pngNew task

File > New Task

### How to create tasks

* Use the Create panel.
* Create test data
  + Data > Generate Test Data
* Import data.
  + Tip: as import and export files have the exact same format so creating and exporting some test data may be a good start.

### How to use the Create panel

* **Date scheduled** (**Pomodoro Mode**): start date. This field is mandatory.
* **Title**: name of task. This field is mandatory.
* **Estimated Pomodoros**: estimated number of pomodoros. This number can be decreased / increased by editing the task or increased by overestimating the task.
* **Story Points** (**Agile Mode**)
* **Iteration** (**Agile Mode**)
* **Type**: type of task. This editable list is pre-filled with existing types. When creating / editing a task, the list is updated. Unused types are removed at start up time. The list is also pre-filled with some common Agile "types" such as "User Story" (**Agile Mode**).
* **Author**: name of the author. This editable list is pre-filled with existing authors. When creating / editing a task, the list updated. Unused authors are removed at start up time.
* **Place**: place where the task takes places. This editable list is pre-filled with existing places. When creating / editing a task, the list is updated. Unused places are removed at start up time.
* **Description**: description of the task in case the title isn’t self-explanatory.

## createButton2.pngActivity List / Backlog

View > Activities / Backlog

### How to read the table

* **U** (**Pomodoro Mode**): "U" if task unplanned.
* **Date** (**Pomodoro Mode**): start date.
* **Title**: name of task.
* **Type**: type of task.
* **Estimated**: estimated pomodoros + overestimated pomodoros (Estimated + Overestimated).
* **Story Points** (**Agile Mode**)
* **Iteration** (**Agile Mode**)

refresh.png (**Remote database**) This may be used to update the list from the database to synchronize with other team members’ work.

### How to export data

* **Header**: first row / header of the file (column names).
* **File name**: name of the export file. This field is mandatory (if this field is left empty, default name "myAgilePomodoro" is used; if this field contains some special characters not supported by the file system of the OS, the export will fail).
* **File format**: set of supported file formats. This field is mandatory.
* **Date pattern** (**CSV** and **Google Drive** file formats): sets of patterns for days, months and years. These fields are mandatory.

|  |  |  |
| --- | --- | --- |
| **Day** | D | 1 |
| Dd | 01 |
| **Month** | M | 1 |
| MM | 01 |
| MMM | Jan |
| MMM | January |
| **Year** | Yy | 01 |
| Yyyy | 2001 |

Example: M/dd/yyyy 🡪 1/01/2001

* **Separator** (**CSV** and **Google Drive** file formats): set of pre-defined separators, plus an empty editable field (this must be a character, not a string). This field is mandatory (if this field is left empty or not a proper character, default separator "Comma" is used).

The application creates a file with name "<*File name*>" and extension ".<*File format*>" in the directory where mAP is located.

## createButton2.pngToDo List / Iteration Backlog

View > ToDos / Iteration

### How to read the table

* **Priority**: row number
* **U** (**Pomodoro Mode**): "U" if task unplanned.
* **Title**: name of task.
* **Estimated**: number of pomodoros done / overall estimated pomodoros (Real / Estimated + Overestimated).
* **Story Points** (**Agile Mode**)
* **Iteration** (**Agile Mode**)

### How to prioritize tasks

* Drag and drop task(s).

### How to work with the timer

1. Select a task. Make sure the estimated number of pomodoros is > 0.
2. Start the timer ("Start" button).
3. While working on a task, you may select a different task to see its details, add a comment (**Pomodoro Mode**) / update its story (**Agile Mode**) or make an overestimation. You may also create an unplanned task to handle interruption.
4. If the interruption is urgent, stop the timer and process the urgent task 🡪 step 1. Otherwise, wait for the timer to ring (end of pomodoro):
   * Case 1: number of pomodoros done < or > set of pomodoros (see Preferences): take a short break. You may select a different task. Wait for the timer to ring (start of pomodoro) 🡪 step 3
   * Case 2: number of pomodoros done = set of pomodoros: take a long break. You may select a different task. Wait for the timer to ring (start of pomodoro) 🡪 step 3.
5. The timer stops itself when all pomodoros of the task are done.

pomodoro16.png As per the Pomodoro Technique®, icons are used to show pomodoros and interruptions:

* Pomodoro: square (not yet done)
* Real Pomodoro: squareCross (done)
* Internal interruption: quote
* External interruption: dash

Code colors are also used to show the status of the tasks:

* Black: not running
* Red: currently running
* Green: all pomodoros done

### How to merge tasks

1. Select tasks to merge (excluding current running task).
2. Open the "Merging" tab, set the details of the new task and save.
3. As a result, the selected tasks are deleted and the new task is created at the bottom of the list.

pomodoro16.png (**Remote database**) If the user has no delete permission on table "Activities", although the selected task will disappear from the table it won’t be deleted from the database; however the new task will be created.

### How to handle interruptions

1. Open the "Unplanned" tab, set the details of the new task and save.
   * **Interruption**: type of unplanned task. If left empty, the task will only be an unplanned task.
   * **Date scheduled** (**Pomodoro Mode**): start date. If the task is urgent set the date to today. This field is mandatory.
2. If the task is an urgent interruption: void the pomodoro of the current running task (stop the timer), select the interruption and start it straight away (no break).

pomodoro16.png (**Pomodoro Mode**) Unplanned tasks are added to the ToDo List if the start date is today otherwise it is added to the Activity List.

## createButton2.pngReport List / Release Backlog

View > Reports / Done

### How to read the table

* **U** (**Pomodoro Mode**): "U" if task unplanned.
* **Date**: date of completion.
* **Title**: name of task.
* **Type**: type of task.
* **Estimated**: number of pomodoros done / overall estimated pomodoros (Real / Estimated + Overestimated).
* **Diff I**: difference between the number of pomodoros done and the estimated pomodoros (Diff I = Real - Estimated).
* **Diff II**: difference between the number of pomodoros done and the overall estimated pomodoros (Diff II = Real - Estimated - Overestimated).
* **Story Points** (**Agile Mode**)
* **Iteration** (**Agile Mode**)

pomodoro16.png The **Accuracy** is the global success rate: 100% means that all estimated pomodoros were done.

|  |
| --- |
| Accuracy = Real / (Estimated + Overestimated) \* 100 |

## createButton2.pngBurndown / Burn-up Chart

View > Charts

### How to create charts

1. Choose the type of chart "Burndown" / "Burn-up" (may be both unless "Scope" is selected). Go to next step: "Configure".
2. Select the dates or iterations (**Agile Mode**) and the dimension of the image. Go to next step: "Check".
3. Check the list of tasks upon which the chart(s) will be drawn. Tasks may be removed from the list. Go to next step: "Create".
4. Save the image (right click).

pomodoro16.png Each "bar" of the charts represents a value "at the end" of the corresponding x-axis’ coordinate (day or iteration). Example: 46 tasks remaining at the end of the 3rd of July.