BEGIN StudyRoutine

SET studyDuration = 2 hours

SET breakDuration = 15 minutes

SET totalStudyTime = 0

SET completedSessions = 0

WHILE totalStudyTime < studyDuration DO

PRINT "Start studying..."

IF distractionsDetected THEN

PRINT "Remove distractions."

CONTINUE studying

ENDIF

WAIT 1 hour

totalStudyTime = totalStudyTime + 1 hour

completedSessions = completedSessions + 1

DISPLAY "Take a break for ", breakDuration

WAIT breakDuration

IF completedSessions >= 2 THEN

DISPLAY "End study session."

BREAK

ENDIF

ENDWHILE

IF totalStudyTime < studyDuration THEN

DISPLAY "Study session incomplete. Consider continuing later."

ELSE

DISPLAY "Study session complete!"

ENDIF

END StudyRoutine