

Pomodoro-Workout Clock

Summary

The Pomodoro Technique is a popular time management method that involves working in focused 25-minute stretches, followed by 5-minute breaks. After four pomodoros, take a longer break of 20 minutes. This method is effective in enhancing productivity and concentration. With remote work becoming more prevalent, it's easy to get distracted during breaks. When I work at home, I can't help playing cellphone at the breaks, which defeats the purpose of taking a break. To address this issue, I developed a Pomodoro-Workout Clock that incorporates full body stretches and exercises to help you relax and re-energize during breaks. Of course, if you prefer to rest, you can simply choose to lie down.

Instructions

The program is straightforward to use. Just run the main.py file in the Python terminal and enter your preferred username when prompted. Press Enter to start a 25-minute Pomodoro clock, followed by a 5-minute break. During the break, you can choose to lie down (press "l") or stretch (press "s"). After completing four Pomodoros, take a 20-minute break. During this longer break, you can choose to lie down (press "l") or have a workout (press "w"). To exit the program, press Ctrl+C. You can track your total work and exercise time in the records.csv file.