TEAMATO
Pomodoro   Timer

Instructions

- 1 pomodoro=25 minute work session
- After each pomo take short break
- Every 4 pomos, take long break

Work	Break	Long Break

25:00

Pomodoros Passed

Start		End of Work Day

I got distracted, reset Pomodoro

Add Tasks

	Completed?	Estimated number of Pomos	Actual Pomos required
Task 1	✓	3	4
Task 2			
...			

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CSE 110 Software Engineering

Five Main Stages

There are a five key stages to getting the most utility out of the Pomodoro technique that you can:

1. Planning

2. Tracking

3. Recording

4. Processing

5. Visualizing

Pomodoro Technique

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TEAMATO Pomodoro Timer

| Work	Break	Long Break

25:00

Pomodoros Passed
1/4

Start/Distracted: Restart

End of Work Day

Please note this button erases all progress! Only press when finished.

------How to Use------
- A Pomodoro = 25 minute work session
- 5-Minute break after each Pomodoro
- 30-Minute break after 4 Pomodoros
- During a Pomodoro, focus ONLY on your work
- You can check memes, use the bathroom, and snack during your breaks.
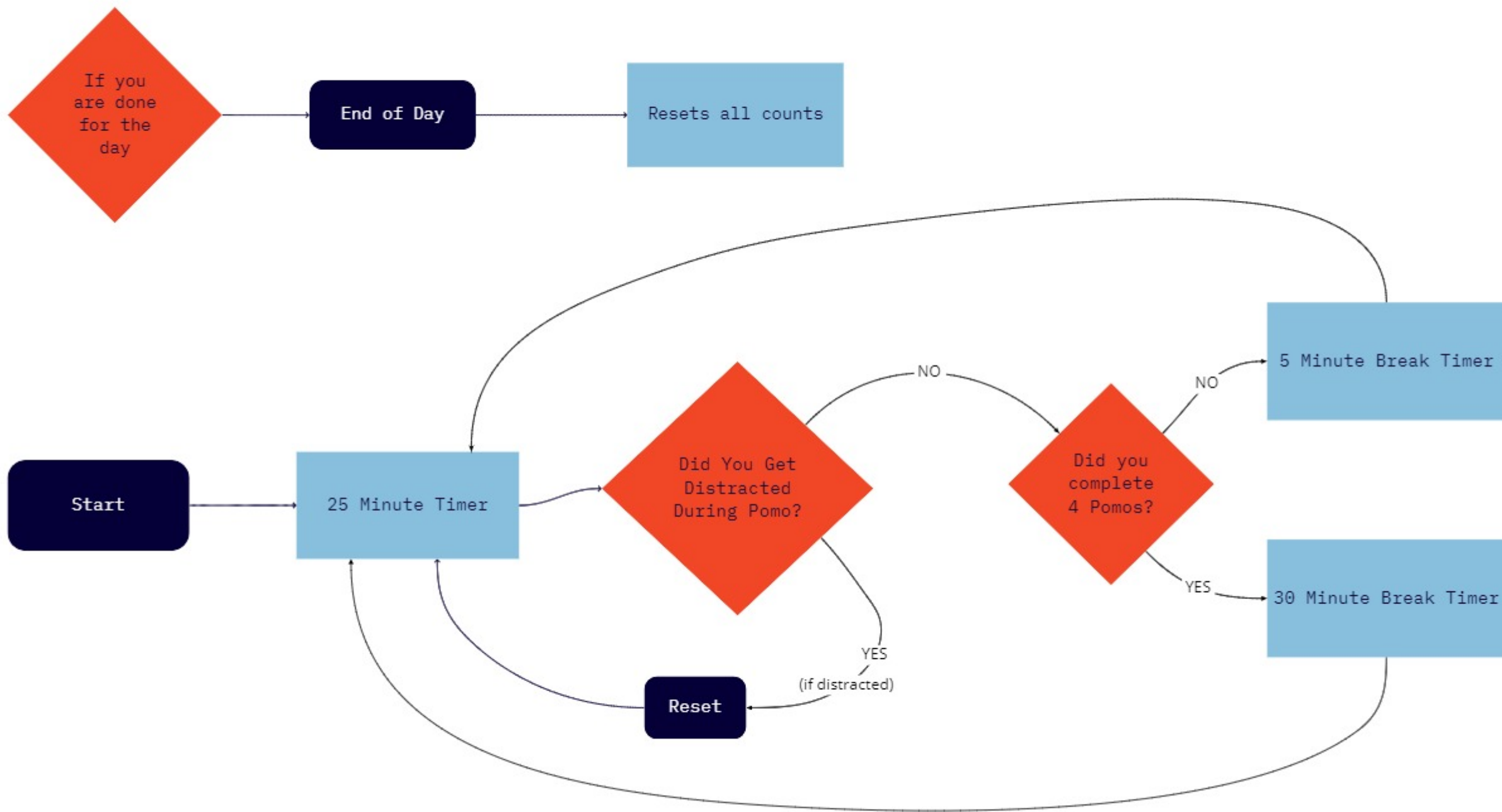
Cyril Cyber
- Codes all day at work, hacks on personal things all night
- Runs on 3 hours of sleep and a case of Red Bulls
- 10x programmer

Primary App: VSCode
Secondary Apps: Chrome, Github

Brad Thomas Allan Powel...
- Mixes in pre-workout to his morning plain 10 egg omelet
- Works in sales

Primary App: Salesforce (Browser)
Secondary App: Slack, Email, Workout Fitness Apps

- Has had a 40... was 8 years...
- Casually day... his life saving...

Primary App: Chr... Trading Site

Secondary Apps: News Sites

Distracted Dan

Distracted Dan
- Always seems to be jumping between 5 different shows at once, but never seems to finish any of them
- Usually waits to the last second to start a project

Primary App: Chrome / YouTube
Secondary App: iMessage

Karen Kawaii

Karen Kawaii
- Daiso is her second home, loving all cute and pink things
- She keeps track of her schedule in a flowery notebook filled with doodles

Primary App: Sketch/Procreate
Secondary App: Discord, Insta

Carl Coder

Carl C...
- Carl coder is... learning how... the evening... make fun an... websites on...
- He likes to k... hour to two...

Primary App: Ch...
Secondary App...
App

Paul Productivity

Paul Productivity
- Has every single minute

Steven Sloth

Ste...
- A "that... tomorr...
- Loves t...

Social Justice Judy

As a gamer I want a productivity timer that is fun.

As a Gym rat I want a way to remind myself to take breaks / keep hydrated

As a consultant I want a way to keep track of my time for clients

As a brand aware user I want my productivity timer to be high quality / brand aware

As a person fighting procrastination I want a productivity timer that encourages me to stay motivated

As someone trying to learn a new skill, I want something that will help me practice every night

As someone who wants to maximize their productivity, I want one hub for time / task tracking

As someone who is highly unmotivated, I want something that will hold me accountable

As someone who works with groups often, I want something that will keep work distribution even

As someone who has a difficult time focusing, I want something that will hold my attention

As someone who hates wasting effort, I want something to manage my time with very little effort

As someone who puts 110% of their effort into work, I want something that will help me ease up occasionally

As someone who loves to have the latest and greatest, I want something that will fit my aesthetic

As someone who gets a little too into gaming sometimes, I want something that will remind me to ease off from time to time

As someone who puts grades above anything else, I want something to keep me from burning out

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Pomodoro Research