





You Say Tomato, I Say Pomodoro

Please Notice

This talk was a work in progress at the time of submission of these slides. Content maybe different from the actual presentation at Agile 2009.

P = Pomodoro

Pomo what ?

Francesco Cirillo, late '80s

<http://cirilloscrapbook.wordpress.com>

“Can you study, really study, for 10 mins?”

He used a pomodoro shaped kitchen timer

Technique refined over 20 years of coaching

www.pomodoratechnique.com

Rules

$$P = 25' + 5'$$

$$4P + 20'$$

P doesn't count if interrupted

P is allocated to only one task

Consequences

P is indivisible: there are no $0.5P$

If task done, continue same task

Protect P: inform, negotiate, reschedule

Estimation

If more than 5-7P break it down

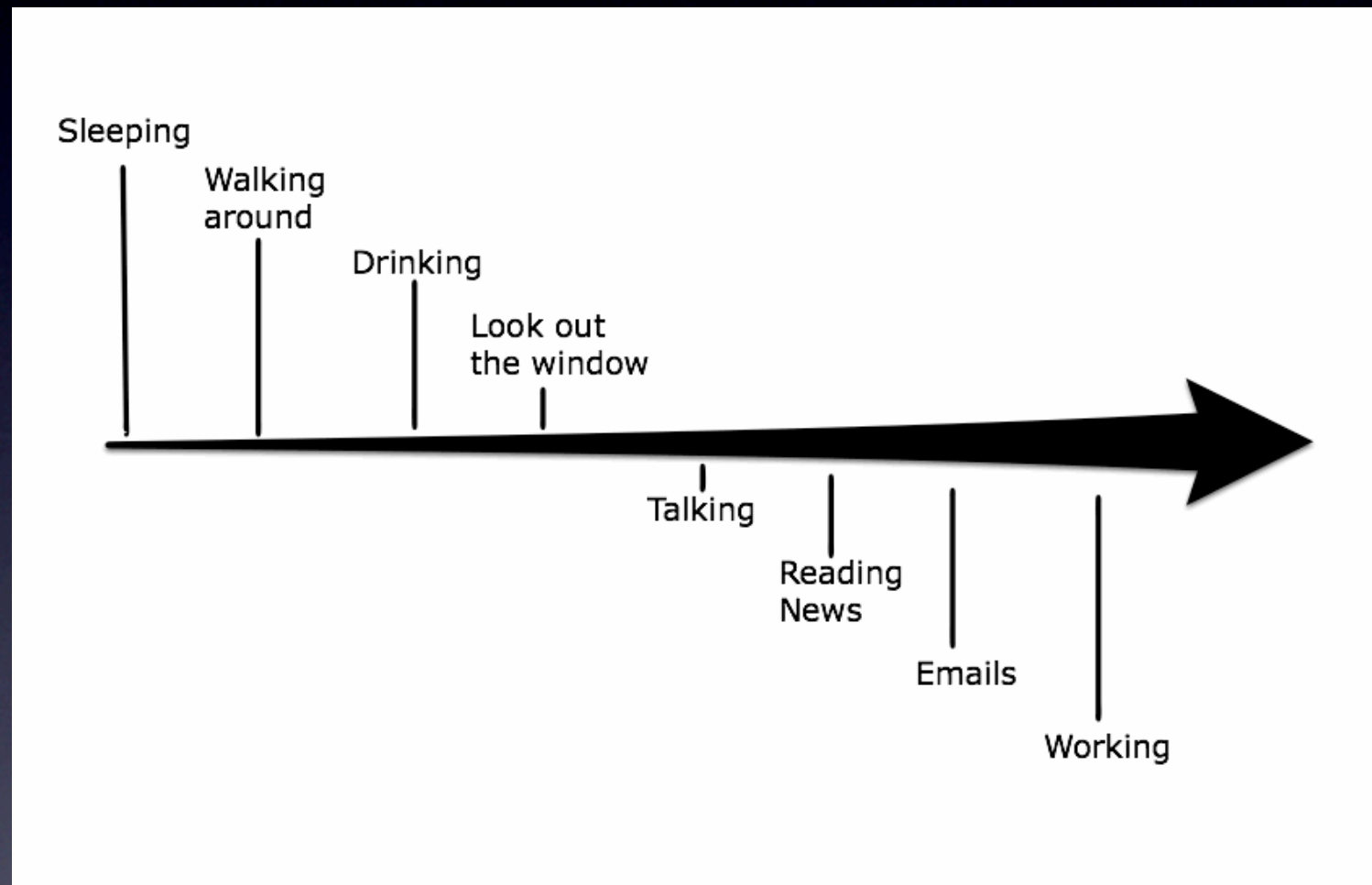
If less than one P add it up

Collect all in the Inventory Sheet

Allocate daily in the Today Sheet

Record raw data

Breaks Are Breaks



P = what to do between breaks!

Day Dreaming

Most effective break

Train body to relax deeply in 5'

Close your eyes

Relax completely

[http://reborg.tumblr.com/post/102158578/
how-to-take-a-5-minutes-nap](http://reborg.tumblr.com/post/102158578/how-to-take-a-5-minutes-nap)

Pomodoro Practices

Session Cycle

New Today Sheet

Available pomodoros

Not done from last session

Grab others from inventory

Execute

Pomospective

Execution Cycle

Start pomodoro

Is schedule still consistent with priorities?

Execute next task

Ring: close sentence/thought/line

Write tags and description

Mark one P

Break

Handling New Task

Always close current task

Never jump to other task

Use mocks, fakes, façades, whatever

Append new task to inventory

Re-prioritize on next P

Tagging

The tag is the type of activity at ring-time

@planning, @meeting, @refactoring ...

Be consistent

Pomospective

Why so many/few pomodoros?

Why task “x” is 6 times the estimate?

Why I feel so tired?

Let's Try

```
inventory.txt
@AP:
NEXT MONDAY'S SHOWCASE:
- rr mocking framework
AGILESUPPORT:
- @agilesupport @notes @spike how to show a new box for a note on top of the others when you click
"Add" 4
- @agilesupport @notes ad
box 2
- @agilesupport @notes on
(no list update) 2
- @agilesupport @notes @p
3
- @spike git svn interact
- @agilesupport @notes fi
http://billsaysthis.com/con
- @agilesupport @setup mo
- @agilesupport @spike he
http://github.com/relevance
- @agilesupport @setup mo
- @agilesupport @notes pa
following http://railsforum
TEMPLATES:
- @an @templates there m
Line: 9 Column: 51 Tasks

untitled 51
PLANNED 12:
- @planning 1
- @blah do this to that 1
- @pomospective 1
DONE:
- @blah done 2 => 4
NOT DONE:
STANDUP:
POMOSPECTIVE:
INTERRUPTS:
DUMP:
Line: 13 Column: 11 Tasks Soft Tabs: 2 POMOSPECTIVE
```


Team Integration

1 P = 1 Pair

OR One P per workstation

Negotiating P start

Multiple P allow flexibility

Interrupt Shield

Someone who protects the P for the team

Coach or Scrum Master

Inform, Negotiate, Reschedule

Standup

Read last pomospective

Read last pomodoro raw dump

After the standup: Session Cycle

Ping Pong Pomo

For pairs

First P: dev-A writes tests, dev-B writes code

Next P the other way around

Collective Break

Decide target time (e.g. for lunch)

Allow for around 15' of synchronization time

Don't start a new P if you finish 15' before
target time

Break Room

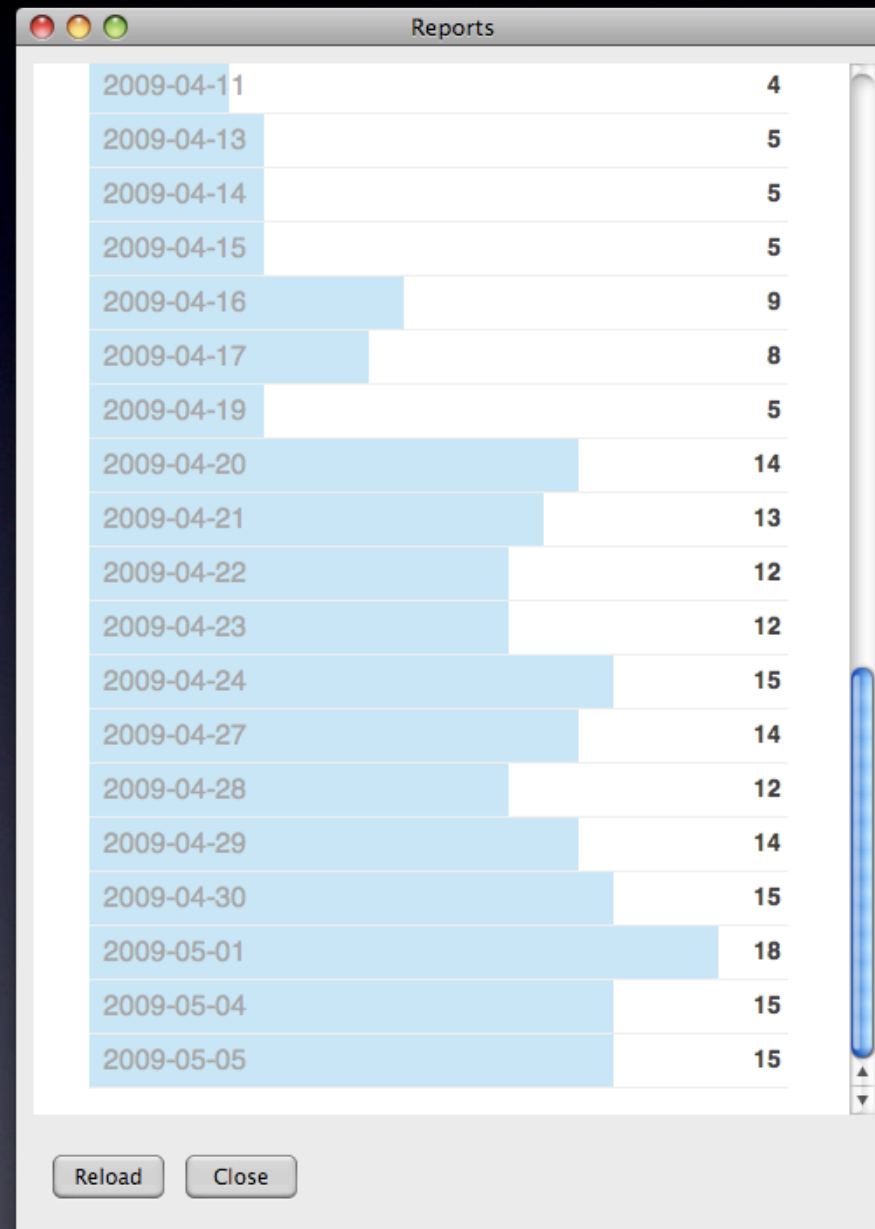
Don't bug the team if you're on break

Distinct room or kitchen for breaks

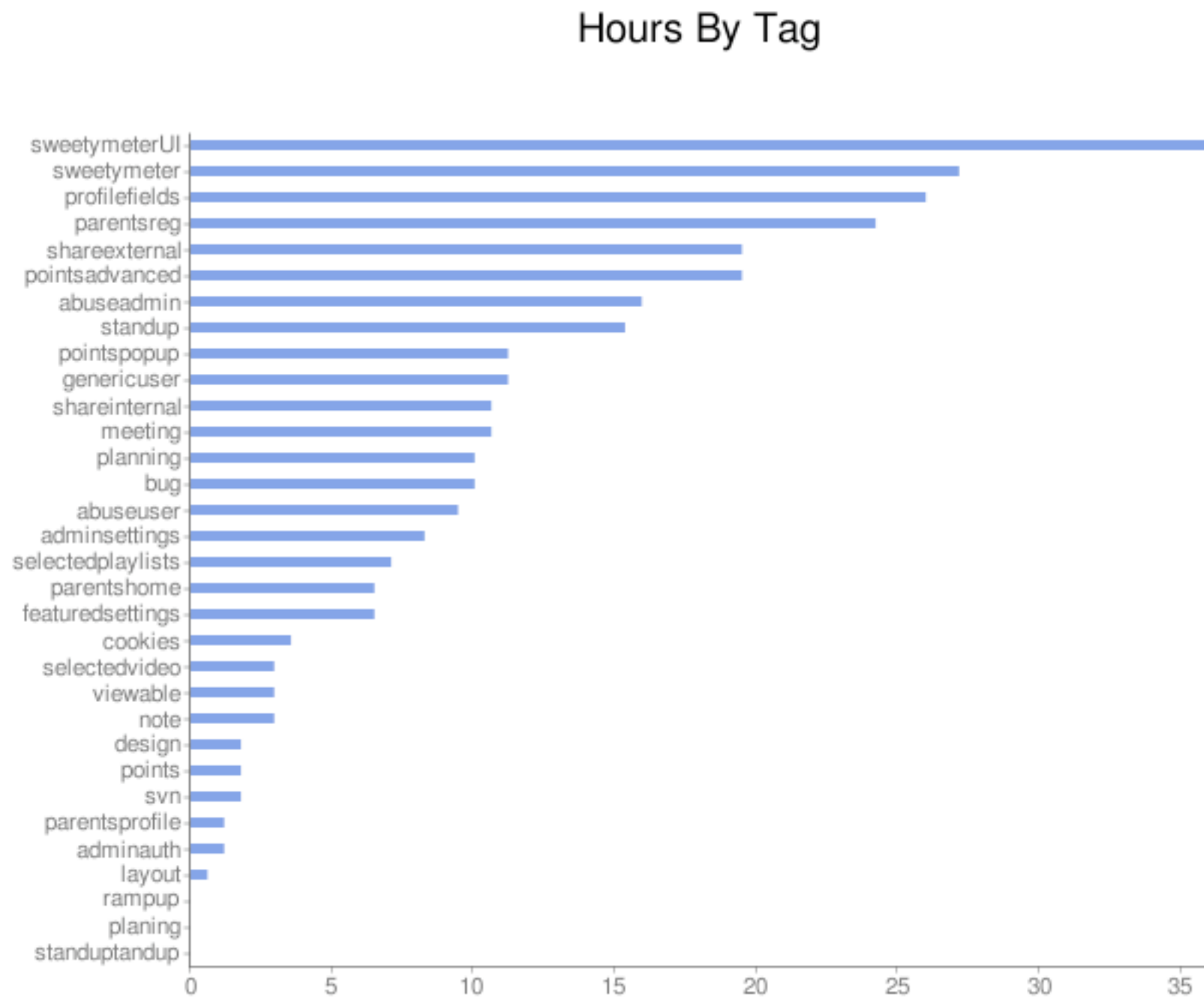
A couch would be great

Metrics

Count/Day



Count/Tag



Time entered for all projects by tag between 03 Nov 2008 and 02 Feb 2009

Developer/Month

Don't be evil competition

Highest count - Standard Deviation

(we don't want people to have a 40P/day and
a 2P the next day ;)

Conclusions

A measure of quality

8 hours \neq 16P

Measuring in P means measuring quality
work

Include quality when exporting from P to H

12P \approx 8-10 hours maybe more

Break First Class Citizen

Breaks as a commitment to your brain

Breaks are planned as well as work

Rhythm for a long run

Mikrokosmos

A reduced scale project lives in one P

Including: frequent changes, tracking,
estimation, focus, interaction, scope,
negotiation etc.

Rule the Pomodoro to rule them all!

Resources

The Pomodoro Technique

<http://www.pomodorotechnique.com>

The Pomodoro Book

www.pomodoro-book.com

The original paper

http://www.tecnicadelpomodoro.it/docs/francesco-cirillo/2007/ThePomodoroTechnique_v1-3.pdf

Keptempo

www.keptempo.com

Pomodori Timer

<http://reborg.github.com/pomodori>