





<http://github.com/reborg/talk-pomodoro>



# **Agile Pomodoro Development**

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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](http://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

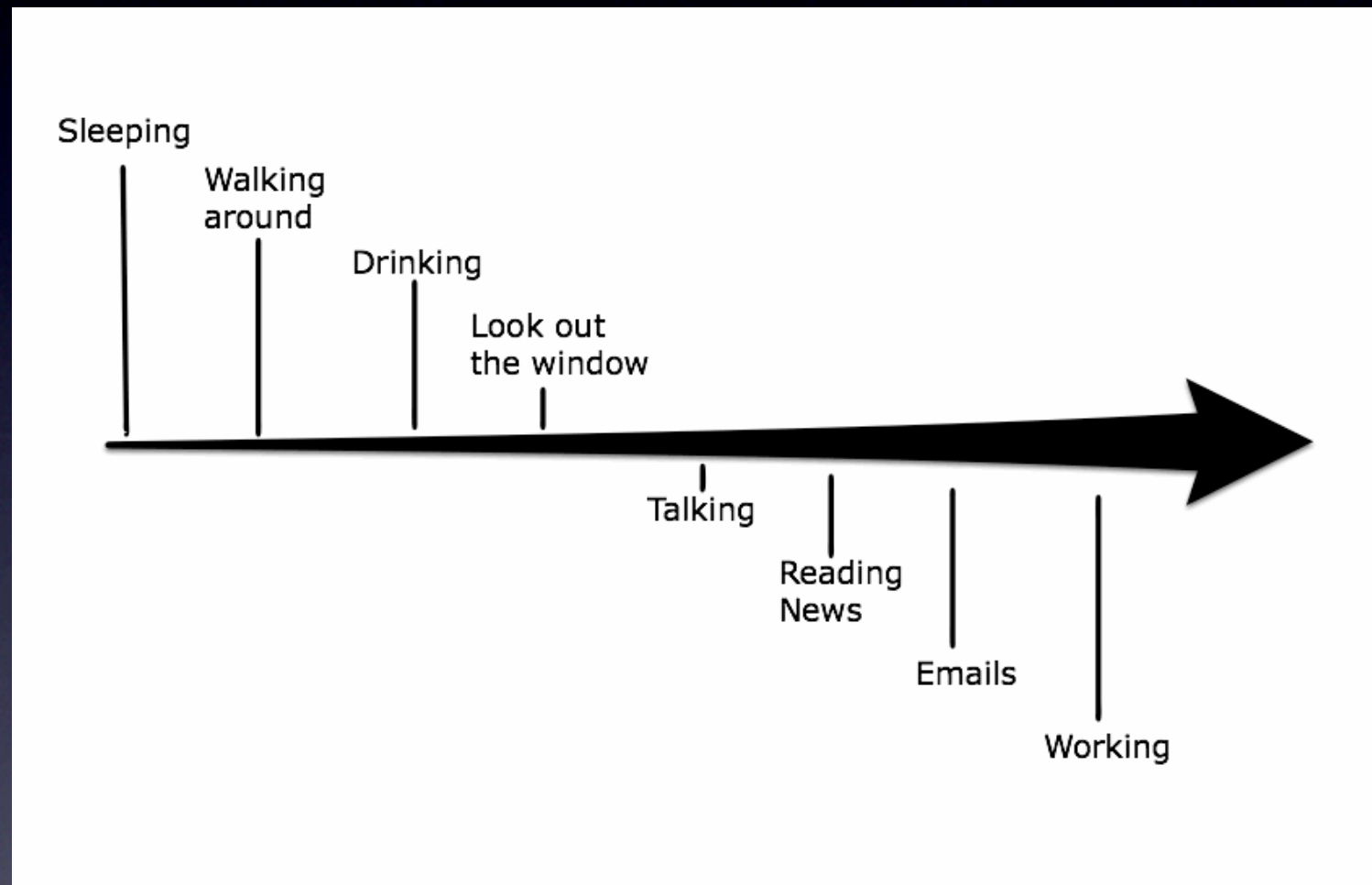
If less than one P add it up

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?



# Demo

```
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

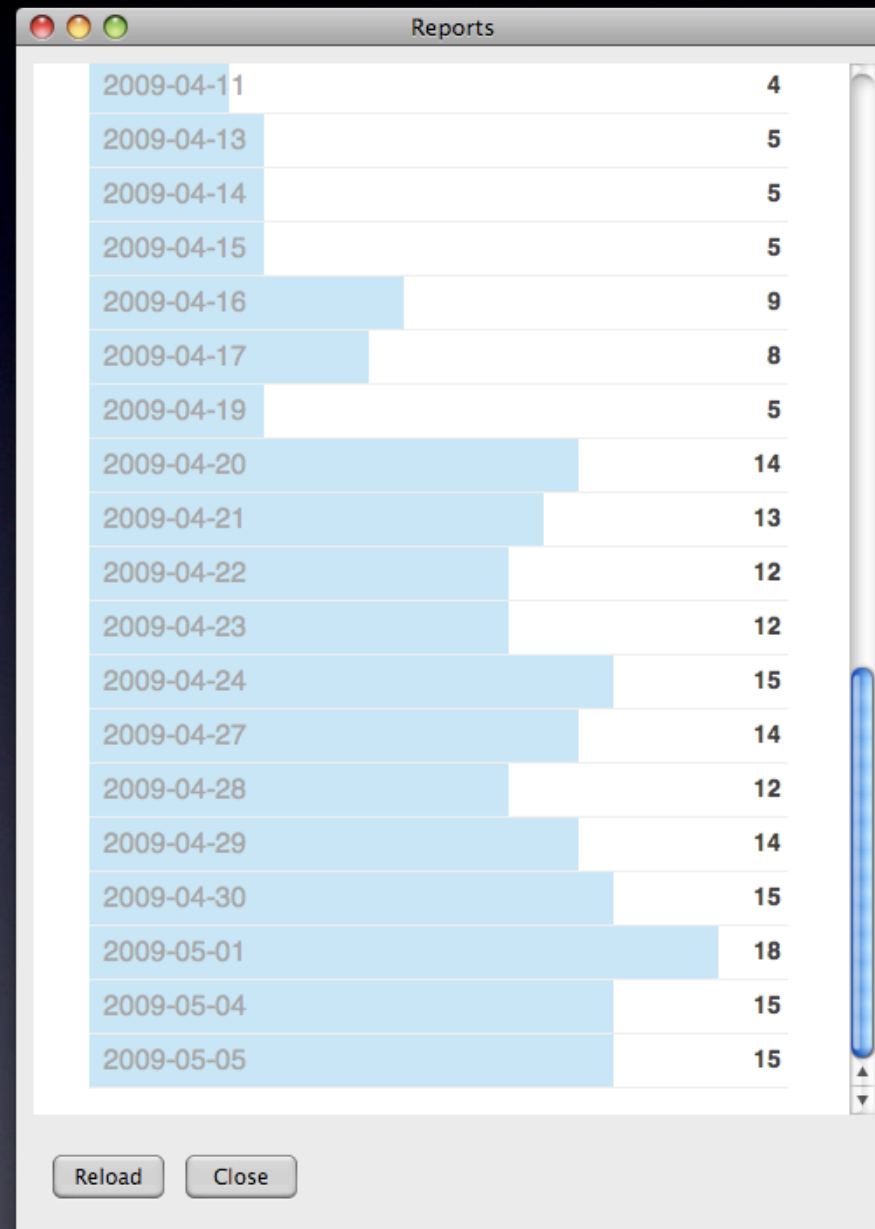
A couch would be great



# Metrics

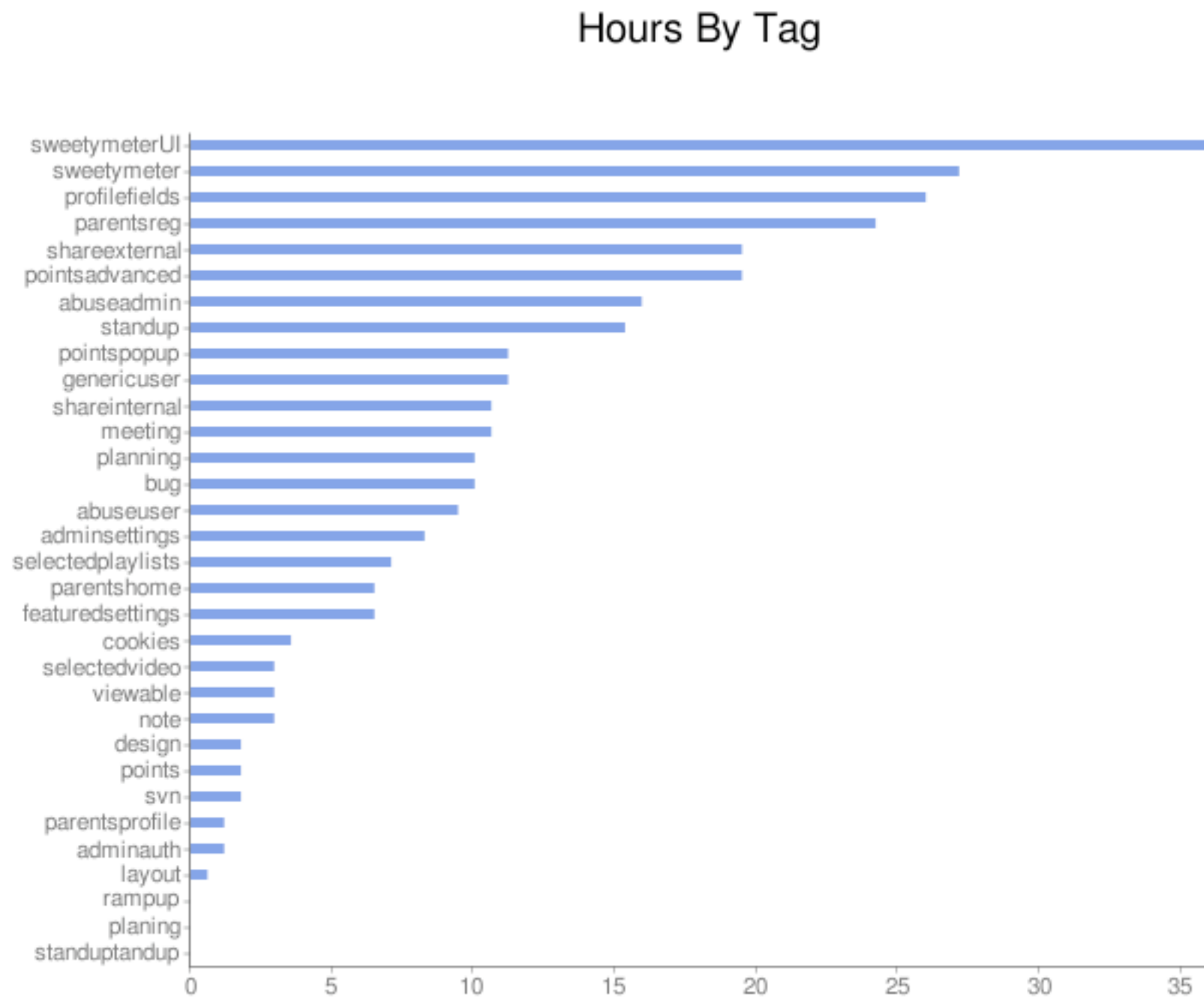


# Average/Day





# 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



# Break First Class Citizen

Breaks as a commitment to your brain

Breaks are planned as well as work

Rhythm for a long run



# Micro-Cosmos

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](http://www.pomodoro-book.com)

## **The original paper**

[http://www.tecnicadelpomodoro.it/docs/francesco-cirillo/2007/ThePomodoroTechnique\\_v1-3.pdf](http://www.tecnicadelpomodoro.it/docs/francesco-cirillo/2007/ThePomodoroTechnique_v1-3.pdf)

## **Keptempo**

[www.keptempo.com](http://www.keptempo.com)

## **Pomodori Timer**

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