

# Pomodoro



# 24:39



Start

Start working on “Selected Task”!

### Task List

Task #1

Description of task/ Notes0/2In Progress



Task Name:

Estimated Pomodoros:

Description:

Cancel

Save

+ Add Task

## Instructions

1. Make sure to add tasks that you wish to complete today!
  - Click the Add Task Button
  - Enter Task Name, Task Description, and the Estimated Pomodoros: How many 25 minute intervals do you believe you will take?
2. Select the tasks you wish to work on, and then click the “Start” button
3. You will work for 25 minute sessions (Pomodoros) with 5 minute break in between
4. After 4 Pomodoros, you will be rewarded a longer 15-30 minute break
5. During each break, you will be asked if you have completed your task. If so, click “yes” and repeat from Step 2 if necessary. If you are not done, let the timer run normally to start your next 25 minute interval

**NOTE:** Within your 25 minute session, press the “End” button if you get distracted or need to leave. This will reset your Pomodoro count toward your long break reward

# Short Break



4:39

Yes

Did you finish your Task?

## Task List

Task #1

Description of task/ Notes

0/2

In Progress



Task Name:

Estimated Pomodoros:

Description:

Cancel

Save

+ Add Task

## Instructions

**1. Make sure to add tasks that you wish to complete today!**

- Click the Add Task Button

- Enter Task Name, Task Description, and the Estimated Pomodoros:

How many 25 minute intervals do you believe you will take?

**2. Select the tasks you wish to work on, and then click the “Start” button**

**3. You will work for 25 minute sessions (Pomodoros) with 5 minute break in between**

**4. After 4 Pomodoros, you will be rewarded a longer 15-30 minute break**

**5. During each break, you will be asked if you have completed your task. If so, click “yes” and repeat from Step 2 if necessary. If you are not done, let the timer run normally to start your next 25 minute interval**

**NOTE: Within your 25 minute session, press the “End” button if you get distracted or need to leave. This will reset your Pomodoro count toward your long break reward**

# Long Break



# 15:00

Yes

Did you finish your Task?

## Task List

### Task #1

Description of task/ Notes

0/2

In Progress



Task Name:

Estimated Pomodoros:

Description:

Cancel

Save

+ Add Task

## Instructions

1. Make sure to add tasks that you wish to complete today!

- Click the Add Task Button

- Enter Task Name, Task Description, and the Estimated Pomodoros:

How many 25 minute intervals do you believe you will take?

2. Select the tasks you wish to work on, and then click the “Start” button

3. You will work for 25 minute sessions (Pomodoros) with 5 minute break in between

4. After 4 Pomodoros, you will be rewarded a longer 15-30 minute break

5. During each break, you will be asked if you have completed your task. If so, click “yes” and repeat from Step 2 if necessary. If you are not done, let the timer run normally to start your next 25 minute interval

**NOTE:** Within your 25 minute session, press the “End” button if you get distracted or need to leave. This will reset your Pomodoro count toward your long break reward