A picture containing application

Description automatically generated

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Session 1 | Session 2 | Session 3 | Session 4 |
| Pomodoro #1 |  |  |  |  |
| Pomodoro #2 |  |  |  |  |
| Pomodoro #3 |  |  |  |  |
| Pomodoro #4 |  |  |  |  |
| 15 Minute Break |  |  |  |  |

**Pomodoro Apps:**

Focus To-Do (Free)

Graphical user interface, application

Description automatically generated

Goodtime (Free)

A close up of an umbrella

Description automatically generated