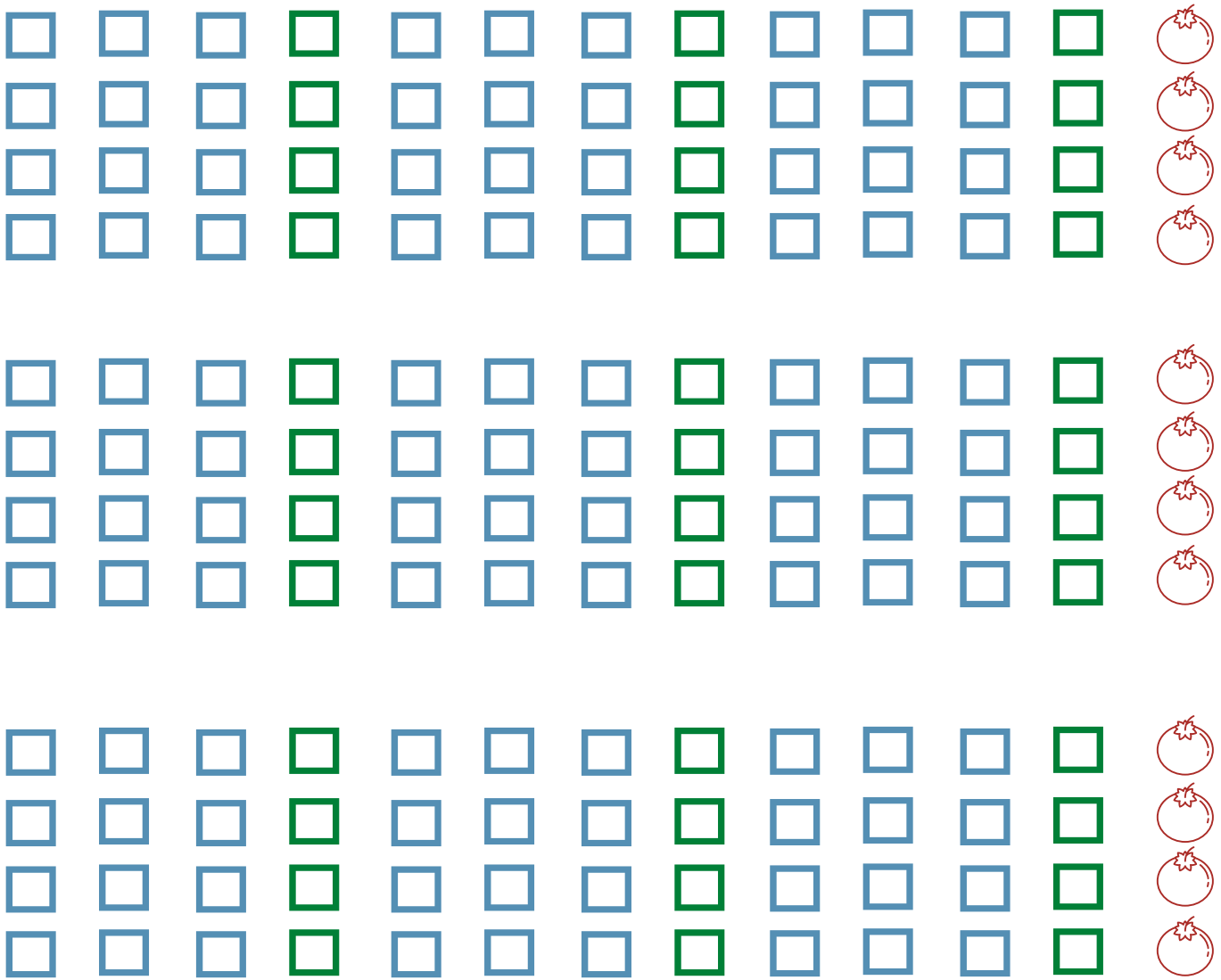
How to Facilitate Your Own Pomodoro Sessions

POMODORO TRACKER

Work in 25-minute segments & take restorative 5-minute breaks to optimize performance and prevent burnout. At the end of working for 4 "Pomodoro sessions" take a 15 minute break!

Tasks

Pomodoro Sessions **Done**



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