



POMODORO PLANNER				
TASK OR GOAL				
POMODORO	SUB-TASK OR GOAL	START TIME	END TIME	BREAK
1	Sub-task 1	9:00 AM	9:25 AM	5 min
2	Sub-task 2	9:30 AM	9:55 AM	5 min
3	Sub-task 3	10:00 AM	10:25 AM	5 min
4	Sub-task 4	10:30	10:55 AM	15 - 30 min (long break)
5	Sub-task 5	11:15 AM	11:40 AM	5 min