

Maximize your time with the Pomodoro Technique



**Choose a task you
want to work on**



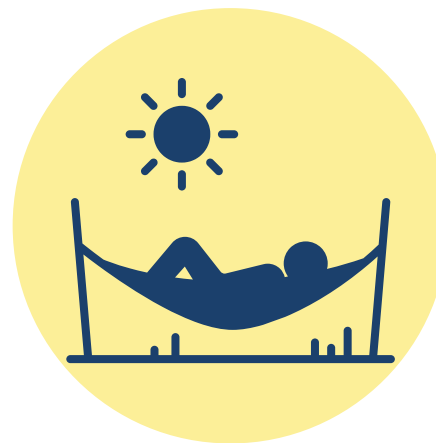
**Set a timer for 25
minutes (a “Pomodoro”)**



**Take a productive 5
minute break**



Repeat for 4 rounds



**Take a longer break
(15 - 30 minutes)**

