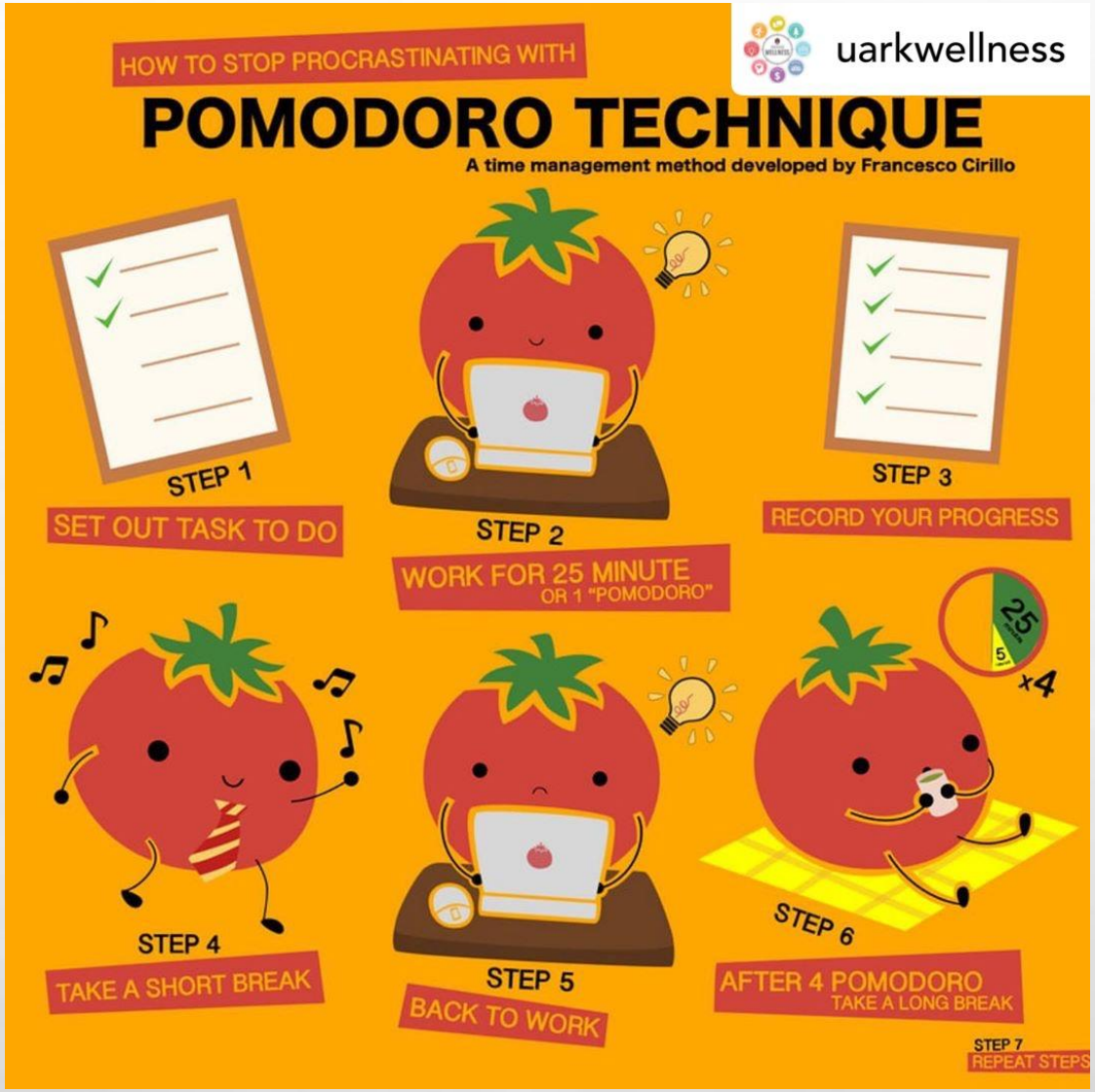
POMODORO

AN EFFECTIVE REVISION TECHNIQUE


HOW TO STOP PROCRASTINATING WITH
uarkwellness
POMODORO TECHNIQUE
A time management method developed by Francesco Cirillo
STEP 1
SET OUT TASK TO DO
STEP 2
WORK FOR 25 MINUTE
OR 1 "POMODORO"
STEP 3
RECORD YOUR PROGRESS
STEP 4
TAKE A SHORT BREAK
STEP 5
BACK TO WORK
STEP 6
AFTER 4 POMODORO
TAKE A LONG BREAK
25
5
x4
STEP 7
REPEAT STEPS