



POMODORO PLANNER

The Pomodoro Technique is a time management strategy that helps you stay focused and make steady progress on your coursework. Instead of trying to work for long periods without a break, you will study in short, focused intervals and take regular breaks to recharge. Use this worksheet to plan your study sessions, track your progress, identify distractions, and reflect on strategies that can help you stay on track.

Fun Fact

Francesco Cirillo created the Pomodoro Technique in the late 1980s while he was a college student. He used a tomato-shaped kitchen timer to organize his study schedule.

Directions

- Choose the task or assignment you want to complete.
- Write down a specific goal for this study session.
- Set a timer for 25 minutes and focus only on your task.
- When the timer ends, take a 5-minute break.
- After four Pomodoro sessions, take a longer break of 15–30 minutes.
- Repeat the process until your task is complete.

Task	MINUTES			
	25	25	25	25
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

For My Next Pomodoro Session

If 25 minutes felt too long, I will: _____

(Examples: choose a smaller task, start with one Pomodoro, take my break away from my workspace.)

If I got distracted, I will:

(Examples: put my phone on Do Not Disturb, move to a quieter location, close extra tabs, write distractions down for later.)

If I had trouble getting started, I will: _____

(Examples: choose one small task, gather my materials before starting, set a timer and commit to working for just 5 minutes.)

To improve my next study session, I will: _____

(Examples: study earlier in the day, plan my task before starting, complete more than one Pomodoro cycle, study in the library.)

