



# Pomodoro

• PLANNER •

DATE

POMS: 

BREAKS: 

PROJECTS: 

PRODUCTIVITY  
SCORE

| ✓                                                                                    | PROJECTS | TARGET                                                                            | ACTUAL                                                                              | +/- | TIME SPENT |
|--------------------------------------------------------------------------------------|----------|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----|------------|
| 1.  |          |  |  |     | :          |
| 2.  |          |  |  |     | :          |
| 3.  |          |  |  |     | :          |

|     | START TIME | END TIME | ✓                                                                                   | PROJECTS |
|-----|------------|----------|-------------------------------------------------------------------------------------|----------|
| 1.  | :          | :        |    |          |
| 2.  | :          | :        |    |          |
| 3.  | :          | :        |    |          |
| 4.  | :          | :        |    |          |
| 5.  | :          | :        |   |          |
| 6.  | :          | :        |  |          |
| 7.  | :          | :        |  |          |
| 8.  | :          | :        |  |          |
| 9.  | :          | :        |  |          |
| 10. | :          | :        |  |          |
| 11. | :          | :        |  |          |
| 12. | :          | :        |  |          |
| 13. | :          | :        |  |          |
| 14. | :          | :        |  |          |
| 15. | :          | :        |  |          |
| 16. | :          | :        |  |          |

| BREAK TIME | ✓                                                                                   |
|------------|-------------------------------------------------------------------------------------|
| 1.         |  |
| 2.         |  |
| 3.         |  |
| 4.         |  |
| 5.         |  |
| 6.         |  |

memo