

The Pomodoro Planner

Date: _____

Today's Main Goal

Task List

Task Description	Est. 🍅	Act. 🍅	✓

Pomodoro Sessions

🍅

☐

🍅

☐

🍅

☐

🍅

☐

🍅

☐

🍅

☐

🍅

☐

🍅

☐

🍅

☐

🍅

☐

🍅

☐

🍅

☐

🍅

☐

🍅

☐

🍅

☐

🍅

☐

Distraction Parking Lot P

When an interruption or new idea arises during a Pomodoro, quickly jot it down here and return to your task.

Daily Review

What was my biggest win today?

What can I improve tomorrow?

From the experts at SmartRemoteGigs.com