

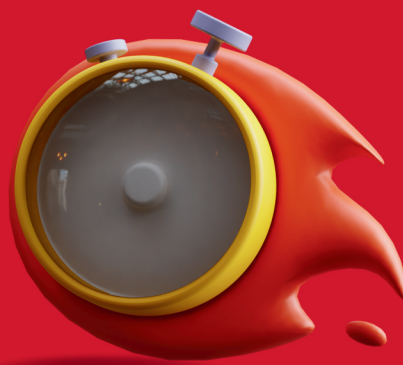
THE POMODORO TECHNIQUE



Decide on the task to be completed.



Set a timer for 25 minutes, the length of one "pomodoro."



Work on the task until the timer rings, then put a checkmark on a piece of paper.



Take a short break (usually 5 minutes) to stretch and relax.



After four pomodoros, take a longer break (usually 15–30 minutes).