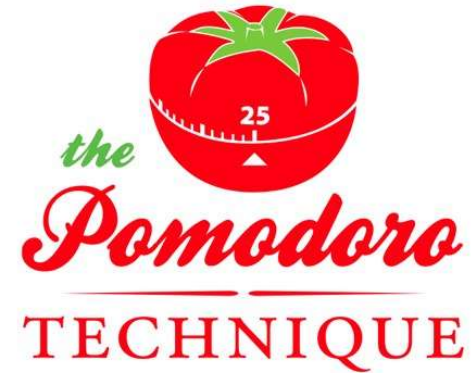


Do the

Pomodoro!



Set a **Timer** for **25 minutes**
Focus on 1 task **for the whole 25 minutes**
Take a short (**5 min**) **break**

This is **one**
Pomodoro

After 4 Pomodoros, take a longer (**15 minute**) **break**

Visit marinaratimer.com or tomato-timer.com for easy Pomodoro time keeping!