

Pomodoro Planner

Date

	Main jobs to be completed/started today	Estimated Time	Actual Time	Poms ○
1				
2				
3				

How can I reduce distractions next time?

	Task	Pom	Start Time	End Time	Break
1		○			
2		○			
3		○			
4		○			
5		○			
6		○			
7		○			
8		○			
9		○			
10		○			

Breaks

Notes
