



Pomodoro Technique: To Do Today Sheet

Estimated Time	TO DO TODAY	Date
<i>2 Hours</i>	<i>Example: Work practice problems in Calculus Chapter 1</i>	<i>X X X (Pomodoros)</i>
<i>1 Hour</i>	<i>Example: Read chapter 3 in Chemistry</i>	<i>X X</i>

Activity Sheet

Estimated Time	ACTIVITY SHEET	Date
<i>2 Hours</i>	<i>Example: Work practice problems in Calculus Chapter 1</i>	<i>X X X X</i>

Records

Date	Actual Time	Activity	Actual Pomodoros	Notes
<i>Example: August 1, 2019</i>	<i>8:30 (2 hours)</i>	<i>Work practice problems</i>	<i>4</i>	<i>No distractions and estimated time was right</i>

