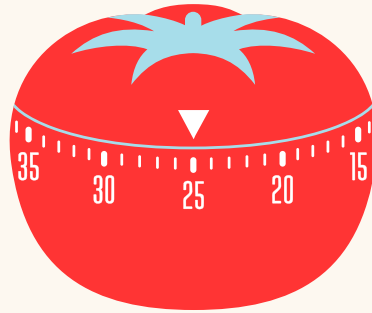


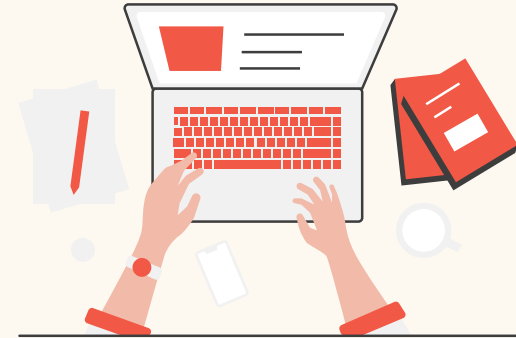
Pomodoro Technique "How To"



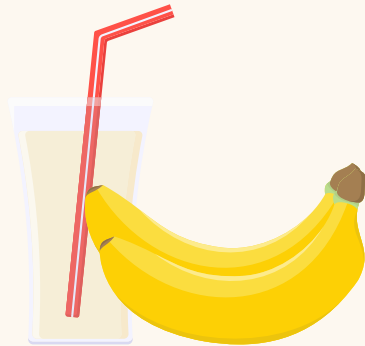
Choose Any Task



Set A 25 Minute Timer



**Work On Your Task Until
The Time Runs Out**



Take A 5 Minute Break



**Set Another 25 Minute Timer
After Four Pomodoros - Take
An Extended Break**