Pomodoro QR Cards

Print double-sided. Scans for 4min setup - 20 mins - 4 mins - 20mins - 4mins at intervaltimer.com/timers/7901675-pomo2020

PROCRASTINATION

intervaltimer.com/timers/7901675-pomo2020

SELF MANAGEMENT

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intervaltimer.com/timers/7901675-pomo2020
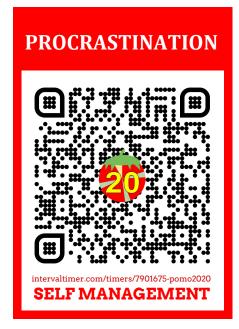
SELF MANAGEMENT

PROCRASTINATION

intervaltimer.com/timers/7901675-pomo2020

SELF MANAGEMENT

Focused Work

Set a goal & end time

4 Min Setup
What do you need to get done?
Block all distractions.

20 Min Focused Work
4 min break
20 Min Focused Work

More on Pomodoro Goals:
i-Biology.net/attl/pomodoro

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