



The Pomodoro Method

Step 1: Set a focus timer and work for
that amount of time

Step 2: Set a break timer and take a
break

Step 3: Repeat steps 1 & 2 for up to 2
hours then take a break for 30
minutes

Time Ratios

25:5 30:5 45:10 50:10

Scan here to
learn more about
how it works

