



Pomodoro Study Planner

Decide the work before the timer starts and record each finished focus block.

SESSION TARGET

FOCUS BLOCKS

BLOCK 1

Task _____

☐ Finished _____ min

BLOCK 2

Task _____

☐ Finished _____ min

BLOCK 3

Task _____

☐ Finished _____ min

BLOCK 4

Task _____

☐ Finished _____ min

BLOCK 5

Task _____

☐ Finished _____ min

BLOCK 6

Task _____

☐ Finished _____ min

BLOCK 7

Task _____

☐ Finished _____ min

BLOCK 8

Task _____

☐ Finished _____ min

SESSION TOTAL

Focus blocks: _____ Total minutes: _____ Next starting task: _____