

Task Breakdown w/ 1 hr Pomodoro

What I'd Like to Accomplish

1.

2.

3.

4.

5.

Action Stages	Time	Done
A.	20 min	☐
Break Time!	5 min	☐
B.	20 min	☐
I see progress!	5 min	☐
C.	10 min	☐

Extra Planning:

Internal Check-In: