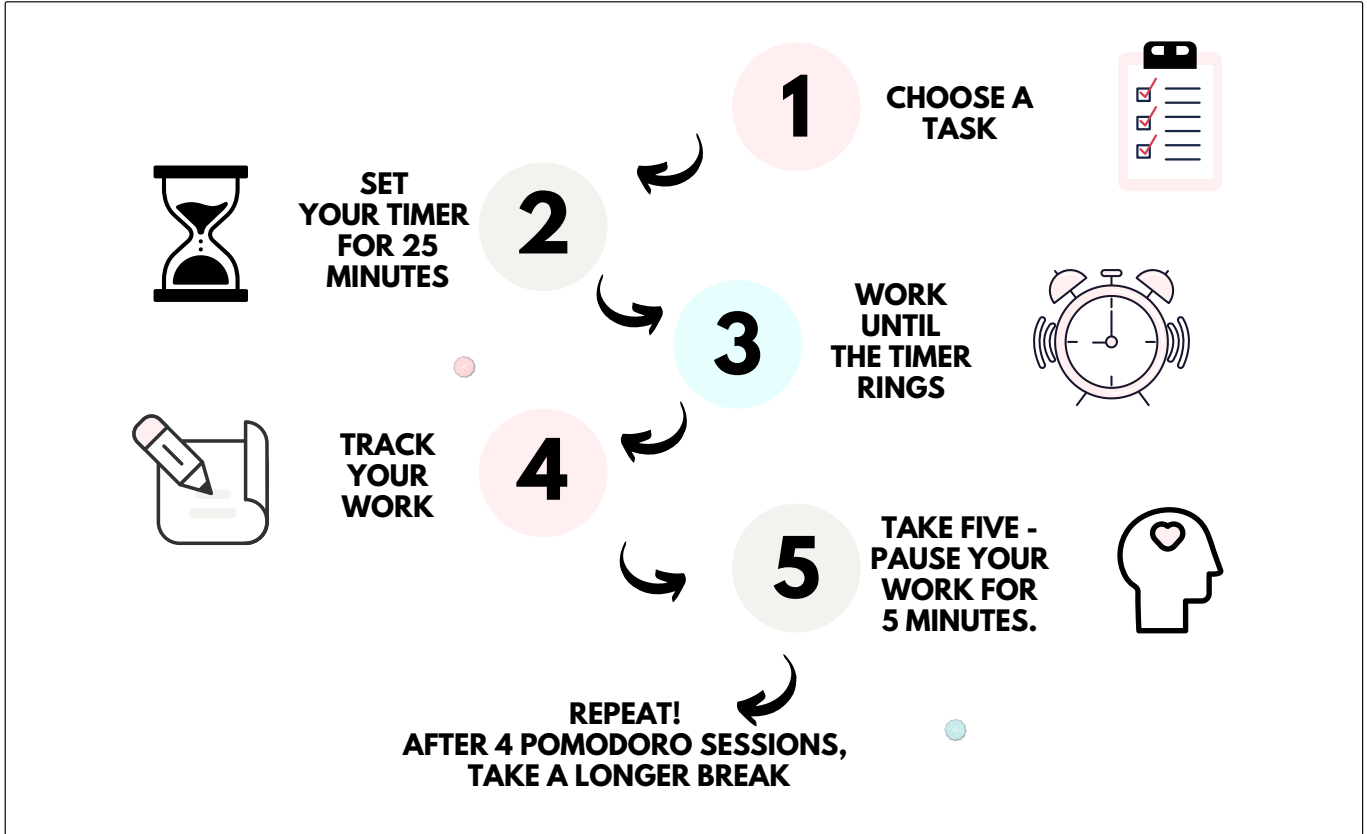


Pomodoro Cheat Sheet



EXAMPLE: 12 POMODOROS

# of Pomodoros	Productive work	Break	Total
1	25 minutes	5 minutes	30 minutes
2	25 minutes	5 minutes	30 minutes
3	25 minutes	5 minutes	30 minutes
4	25 minutes	25 minutes	50 minutes
5	25 minutes	5 minutes	30 minutes
6	25 minutes	5 minutes	30 minutes
7	25 minutes	5 minutes	30 minutes
8	25 minutes	25 minutes	50 minutes
9	25 minutes	5 minutes	30 minutes
10	25 minutes	5 minutes	30 minutes
11	25 minutes	5 minutes	30 minutes
12	25 minutes		30 minutes
12 Pomodoros	5 hours	1 hour 35 mins	6 hours 35 mins