

# Pomodoro Tracker

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Use this Pomodoro Tracker to break your work into focused intervals. Each 'Pomodoro' is 25 minutes of deep work followed by a 5-minute break. After four Pomodoros, take a longer break (15–30 minutes). Tick off each completed Pomodoro and note what you accomplished.

## Today's Pomodoro Sessions

Session	Start Time	End Time	Task	Completed (✓)
Pomodoro 1				
Pomodoro 2				
Pomodoro 3				
Pomodoro 4				
Pomodoro 5				
Pomodoro 6				
Pomodoro 7				
Pomodoro 8				
Pomodoro 9				
Pomodoro 10				
Pomodoro 11				
Pomodoro 12				

## Daily Reflection

- ✓ What did I achieve today?
  
- ✓ What distracted me, and how can I reduce it tomorrow?
  
- ✓ How do I feel about today's productivity?