

# Pomodoro Planner



Subject Standard: \_\_\_\_\_

The Pomodoro Method is a great way to stay focused during your study. Psychological research finds that our brain tends to decrease in focus after around 30 minutes. This technique is all about taking advantage of that to study optimally.

Using this form, you'll get an hour of study. You can finish the sheet, take a break and go again, or just do the one. The important thing is that you stick to the timer. Use this alongside our other [StudyTime](#) forms to plan and keep track of your study!

## Pomodoro 1:

*Set a timer for 25 minutes.*

### Goal:

*What would you like to achieve in these 25 minutes?*

### Questions:

*What questions do you want to be able to answer in 25 minutes?*

- 1.
- 2.
- 3.

### Notes:

## Pomodoro 2:

Set a timer for 25 minutes.

### Goal:

*What would you like to achieve in these 25 minutes?*

### Questions:

*What questions do you want to be able to answer in 25 minutes?*

- 1.
- 2.
- 3.

### Notes: