

Subject/Topic: _____

Date: _____

Top 3 Priorities for the Study Session	Target Pomodoros	Tasks/Activities for Each Priority	Start Time for Each Task/Activity	End Time for Each Task/Activity	Total Time Spent (Per Priority)	Actual Pomodoros
1.						
2.						
3.						

Notes/Questions for Teacher/Things to Finish, Recap or Review:

Breaks:

Starting Point:

Pick the topic/subject that you need to prioritise and consider how much effort it will take to complete.

Colour in how many pomodoros you think it will take. Pomodoros typically last 25 minutes.

Use this space to note down any gaps in knowledge you have discovered so you can review/recap in the next pomodoro, or any questions you have for your teacher. Don't worry about finishing.

PURPOSE

This method can be used by students to avoid procrastination and distractions, help chunk the learning, improve time management, do timed exam practice and be more productive. It is not about finishing tasks but working more effectively.

QUICK TIP

Pomodoro apps are available online to help you use the technique effectively. Complete different tasks or study a different subject in each pomodoro to keep focused. It could also be used for timed practice.

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1.	🍅🍅🍅 🍅🍅🍅 🍅🍅🍅 🍅🍅🍅					🍅🍅🍅 🍅🍅🍅 🍅🍅🍅 🍅🍅🍅
2.	🍅🍅🍅 🍅🍅🍅 🍅🍅🍅 🍅🍅🍅					🍅🍅🍅 🍅🍅🍅 🍅🍅🍅 🍅🍅🍅
3.	🍅🍅🍅 🍅🍅🍅 🍅🍅🍅 🍅🍅🍅					🍅🍅🍅 🍅🍅🍅 🍅🍅🍅 🍅🍅🍅

Notes/Questions for Teacher/Things to Finish, Recap or Review:

Breaks:

Indicate here what tasks you are going to do for each priority, e.g.: organising/reviewing notes, doing a practice question or making a graphic organiser, and note the time it has taken you to complete these tasks. This will allow you to review how productive you are being at the end of your study session.

Colour in how many pomodoros it actually took you to complete each priority. Reflective questions to consider: Were you focused? Did you put in enough effort?

Use this space to take a note of your breaks and how long you are due to take: 5 mins between each pomodoro and longer (15-30mins) between every 4 pomodoros. Include what you will do in your break to keep motivated.

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LEARN SPARK

THE POMODORO TIME TRACKER

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2.	🍅🍅🍅 🍅🍅🍅 🍅🍅🍅 🍅🍅🍅					🍅🍅🍅 🍅🍅🍅 🍅🍅🍅 🍅🍅🍅
3.	🍅🍅🍅 🍅🍅🍅 🍅🍅🍅 🍅🍅🍅					🍅🍅🍅 🍅🍅🍅 🍅🍅🍅 🍅🍅🍅

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