FOCUS REP · ONE PAGE · FOUR POMODOROS

POMODORO ADHD PLANNER.

FOCUSREPS

DATE _____ MOOD 1-10 _____ CYCLE 25 / 5 MIN

01 / TODAY'S TASK

THREE SLOTS. NOT TEN.

A / _____

B / _____

C / _____

02 / POMODORO CYCLES

FOUR SESSIONS. CROSS EACH OFF.

01 SESSION ☐	02 SESSION ☐	03 SESSION ☐	04 SESSION ☐

AFTER SESSION 04 TAKE A LONG BREAK. 15 TO 30 MINUTES. WALK, WATER, FOOD. NOT SCROLL.

03 / SESSION LOG

WHICH TASK. WHAT TIME. WAS IT DONE.

#	TASK	START	END	DONE	BREAK
01					
02					
03					
04					

04 / DISTRACTION LOG

05 / NOTES

06 / END OF DAY REFLECTION

THREE LINES. THIRTY SECONDS.

WHAT GOT DONE.

WHAT GOT IN THE WAY.

NEXT FIRST STEP.