

# The Pomodoro Technique



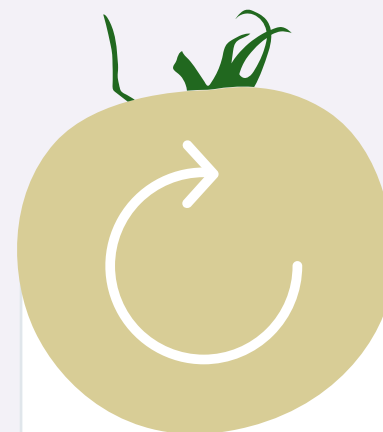
Choose a task



Set the timer for 25 minutes and work all this time



Take a break for 5 minutes



Repeat until task is finished



Take a 30 minutes break