

# POMODORO

7-Day Pomodoro Challenge



flip the script

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This downloadable worksheet will guide you through a 7-day challenge designed to introduce you to the Pomodoro Technique, a time management method that utilizes focused work intervals and short breaks to maximize productivity.

#### What you'll need:

- A timer (kitchen timer, phone app, etc.)
- A pen or pencil
- This downloadable Pomodoro Tracker (included below)
- A willingness to experiment and have fun!

#### The Challenge:

This challenge spans seven days, with each day maintaining a consistent 25-minute work interval while gradually increasing the break duration. This allows you to ease into focused work sessions while familiarizing yourself with the Pomodoro method's structure.

#### Day Breakdown:

- **Day 1 & 2:** 25-minute work interval, 3-minute break
- **Day 3 & 4:** 25-minute work interval, 5-minute break
- **Day 5 & 6:** 25-minute work interval, 7-minute break
- **Day 7:** 25-minute work interval, 10-minute break

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### How to Participate:

1. **Download and print the Pomodoro Tracker.** (See table below)
2. **Set a timer for 25 minutes.** During this work interval, focus on a single task and minimize distractions. Silence notifications, close unnecessary browser tabs, and inform others you need focused time.
3. **Mark a "P" in the "Completed Pomodoros" column** on your tracker once the work interval is complete.
4. **Set the timer for your designated break duration** according to the day's schedule. Use this time to stretch, grab a drink, do some light activity, or simply relax.
5. **Repeat steps 2-4** for the desired number of Pomodoros per day. Aim for at least 3-5 Pomodoros to experience the full benefit.
6. **Track your progress** throughout the week. Did you find it easier or harder to focus as the breaks got longer? How did you use your breaks effectively?

### Bonus Challenge:

- During each break, jot down any distractions you encountered during the work interval in the "Distractions" column. This will help you identify areas for improvement in future Pomodoro sessions.
- At the end of each day, reflect on your experience in the "Reflections" section. Did the Pomodoro Technique help you stay focused? Did you accomplish more than usual?

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### Pomodoro Tracker

<b>Day</b>	<b>Completed Pomodoros (P)</b>	<b>Break (Minutes)</b>	<b>Duration</b>	<b>Distract-ions</b>	<b>Reflections</b>
<b>Day 1</b>		<b>3</b>			
<b>Day 2</b>		<b>3</b>			
<b>Day 3</b>		<b>5</b>			
<b>Day 4</b>		<b>5</b>			
<b>Day 5</b>		<b>7</b>			
<b>Day 6</b>		<b>7</b>			
<b>Day 7</b>		<b>10</b>			

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### **Remember:**

- This is a learning experience. Be patient with yourself and adjust the break duration if needed. The key is to find a rhythm that works for you.
- Consistency is crucial! The more you practice, the more comfortable you'll become with the Pomodoro Technique.
- Embrace the challenge and enjoy the sense of accomplishment that comes with focused work!

By completing this 7-day challenge, you'll gain valuable insights into the Pomodoro Technique and discover its potential to boost your productivity and focus. So, set your timer, grab your pen, and embark on your Pomodoro journey!



# Join the Flip the Script Community!

We'd love for you to share your Pomodoro journey with us! Don't forget to subscribe to our newsletter for more tips and tricks on flipping the script on your approach to work, life, and everything in between!

Happy Focusing!