



Petal & Paper

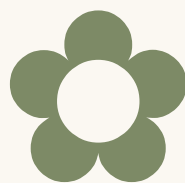
YOUR FREE PRINTABLE

Pomodoro study session tracker



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P O M O D O R O T R A C K E R

focus log

Date · ____ **Subject / task:** ____ **Goal:** ____ pomodoros

Pomodoro 1 · Topic: ____ ✓ done ☐ 5-min break taken ☐

Pomodoro 2 · Topic: ____ ✓ done ☐ 5-min break taken ☐

Pomodoro 3 · Topic: ____ ✓ done ☐ 5-min break taken ☐

Pomodoro 4 · Topic: ____ ✓ done ☐ → take a longer 15-30min break

Distractions noticed · _____

Total focused time today · ____ × 25 mins = ____ mins Best yet:
☐

25 MINUTES FOCUSED BEATS 2 HOURS
DISTRACTED — TRACK THE DIFFERENCE

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