

# MCD TASK TRACKER

DATE:  
\_\_\_\_\_

POMODORO COMPLETED:  
\_\_\_\_\_

**WHAT IS THE POMODORO METHOD?**

- Decide on the Task to be done.
- Set the Pomodoro timer to “n” minutes (Traditionally 25).
- Work on the task until the timer rings; Check the circle once you completed one Pomodoro.
- Take a short break (3-5 minutes).
- After four Pomodoros, take a longer break (15-30minutes).

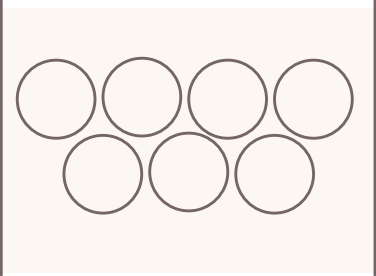
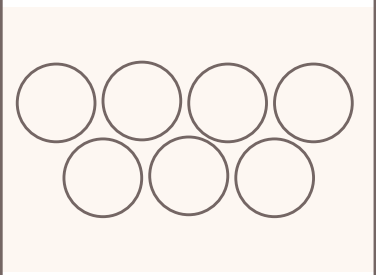
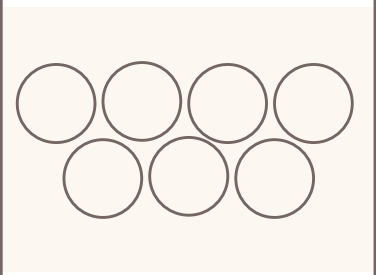
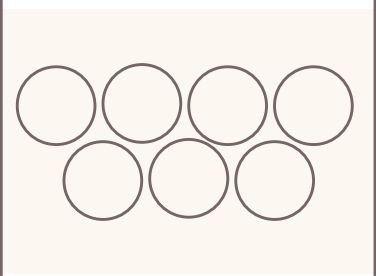
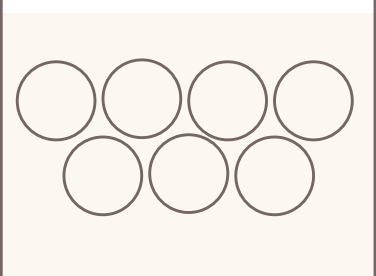
Task description area 1

Task description area 2

Task description area 3

Task description area 4

Task description area 5



Notes area 1

Notes area 2

Notes area 3

Notes area 4

Notes area 5

