

Pomodoro

planner

POMODORO 1:

POMODORO 2:

POMODORO 3:

POMODORO 4:

YOU ARE DOING GREAT 15 MINUTE BREAK

POMODORO 5:

POMODORO 6:

POMODORO 7:

POMODORO 8:

Enjoy Eat Move
lunchbreak 30 minutes

POMODORO 9:

POMODORO 10:

POMODORO 11:

POMODORO 12:

YOU ROCK! 15 MINUTE BREAK

POMODORO 13:

POMODORO 14:

POMODORO 15:

POMODORO 16:

You are amazing!

