

Pomodoro Study Tracker

Write today's tasks, estimate the rounds each needs, and colour in one circle per completed round. Standard round: 25 min study + 5 min break; long break after 4 rounds.

Date: _____ Round length: ☐ 25/5 ☐ 40/10 ☐ 50/10

#	Task (subject + chapter + exact goal)	Est.	Rounds completed	Done
1				☐
2				☐
3				☐
4				☐
5				☐
6				☐
7				☐
8				☐
9				☐
10				☐

Distractions log

Every time you want to check your phone or switch tasks, put a tally mark here instead — and keep going.

Round	Distraction (what pulled you away?)	Tally

End-of-day check

Question	Answer
Rounds completed / planned	___ / ___
Which task overran its estimate?	
Best time of day for focus	
One change for tomorrow	