

Focus sprint plan (Pomodoro)

Plan short focus sprints with breaks and reset cues.

Sprint plan

Sprint | Task | Time | Break

1 | _____ | 25 min | 5 min

2 | _____ | 25 min | 5 min

3 | _____ | 20 min | 5 min

Reset ideas

- %j Stand + stretch
- %j Water break
- %j 4 7 8 breathing