

Wellbeing Warriors POMODORO TRACKER

"It is clear the most precious resource we all have is time"
~ Steve Jobs

TODAY'S DATE: _____

3 MOST IMPORTANT ACTIONS TODAY

If you only achieved these you would be thrilled

TARGET	ACTUAL	POMODOROS	DONE
<input type="radio"/>	<input type="radio"/>	25 minute blocks ○○○○ ○○○○	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	○○○○ ○○○○	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	○○○○ ○○○○	<input type="radio"/>

ADDITIONAL TASKS TODAY

Completing any of these too would be a total bonus

TARGET	ACTUAL	POMODOROS	DONE
<input type="radio"/>	<input type="radio"/>	25 minute blocks ○○○○ ○○○○	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	○○○○ ○○○○	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	○○○○ ○○○○	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	○○○○ ○○○○	<input type="radio"/>

PRODUCTIVITY RATING TODAY / 10

How would you rate your output today?

○○○○○○○○○○○○

NOTES & OBSERVATIONS

What do you notice about time and tasks today? What went well?
What could you improve? How accurate were your estimates?