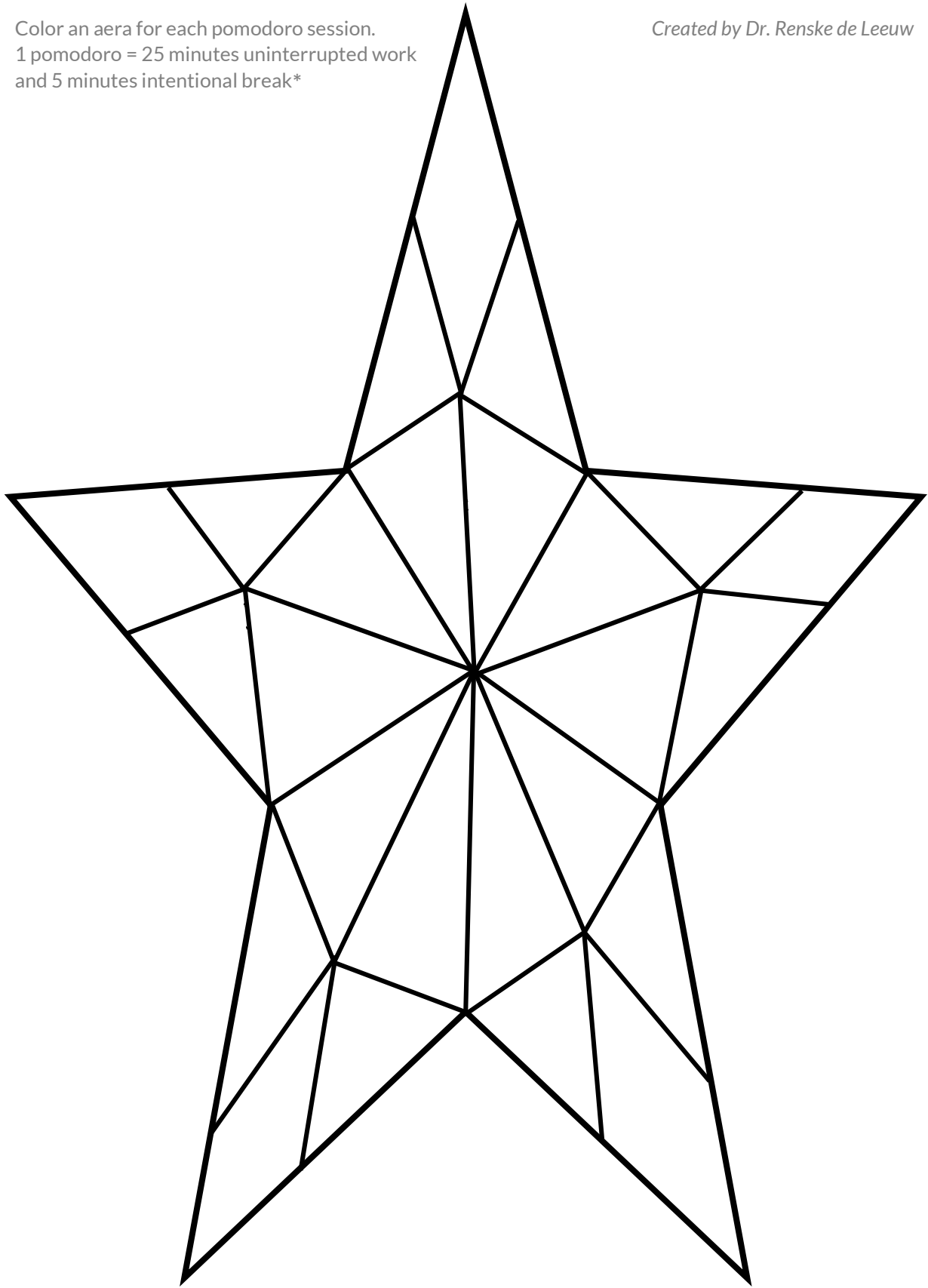


# 25 Pomodoro moments before Christmas

Color an area for each pomodoro session.  
1 pomodoro = 25 minutes uninterrupted work  
and 5 minutes intentional break\*

*Created by Dr. Renske de Leeuw*



\* Inspired on the pomodoro sheets from Dr. Kate Litterer, [thetendingyear.com](http://thetendingyear.com)