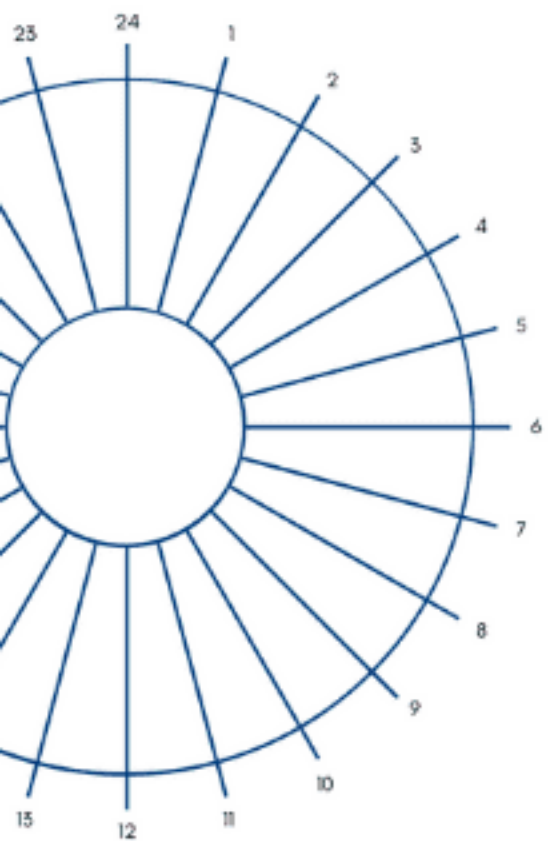


activity. Use the key to show how much time you spend sleeping, eating, exercising, working, and relaxing.

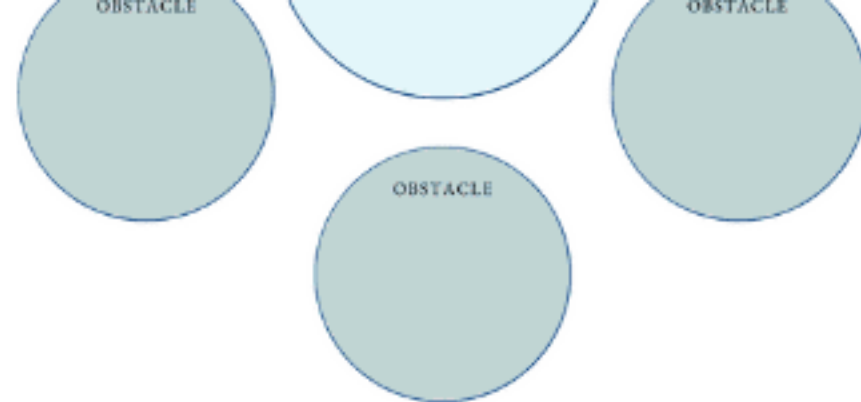


RELATIONSHIPS
REST AND RELAXATION
SPIRITUALITY
LEISURE
CAREER

OBSTACLES

On this page and think of a solution or a strategy to minimise its impact.

	SOLUTION



productivity
prints

planning sheets

POMODORO PLANNER

Source: Francesco Cirillo

TASK DESCRIPTION	25	5	25	5	25	5	25	30

FAMILY & FRIENDS

HEALTH & FITNESS

RELATIONSHIPS

BUSINESS & CAREER

PERSONAL GROWTH

RECREATION

FINANCES

SPIRITUALITY

MONTHLY PLANNING

PERSONAL

HEALTH AND WELLNESS

PERSONAL GROWTH

CAREER

RELATIONSHIPS

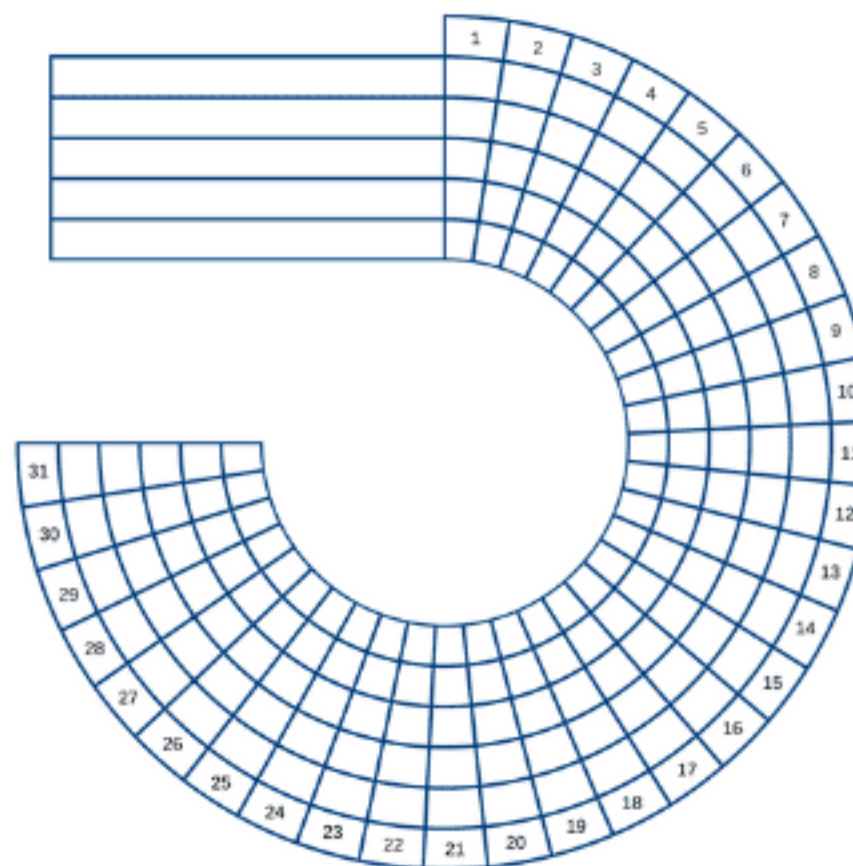
SPIRITUAL

FINANCIAL

RECREATION

HABIT TRACKER

MONTH OF:



YEARLY PLANNER

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE