**POMODORO – planning**

Schrijf eerst de taken op die je graag vandaag wilt doen.

|  |  |  |
| --- | --- | --- |
| **Taken voor vandaag** | | **Hoeveel blokken van 25 minuten nodig?**  (Kleur in.) |
| 1 |  | O O O O |
| 2 |  | O O O O |
| 3 |  | O O O O |
| 4 |  | O O O O |
| 5 |  | O O O O |
| 6 |  | O O O O |
| 7 |  | O O O O |
| 8 |  | O O O O |
| 9 |  | O O O O |
| 10 |  | O O O O |
| 11 |  | O O O O |
| 12 |  | O O O O |

Wat kan jou helpen om even te ontspannen?

|  |  |
| --- | --- |
| **Ontspanningslijstje** | |
| **Ontspanning 5 minuten** | **Ontspanning 20-30 minuten** |
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**Mijn planning voor vandaag**

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| --- | --- | --- |
| **Tijd** | **Omschrijving tijd/ontspanning** | **Voltooid** |
| **🍅** | | |
| 25 minuten |  |  |
| 5 minuten | Pauze! |  |
| 25 minuten |  |  |
| 5 minuten | Pauze! |  |
| 25 minuten |  |  |
| 5 minuten | Pauze! |  |
| 25 minuten |  |  |
| 20-30 minuten | Lange pauze! |  |
| **🍅** | | |
| 25 minuten |  |  |
| 5 minuten | Pauze! |  |
| 25 minuten |  |  |
| 5 minuten | Pauze! |  |
| 25 minuten |  |  |
| 5 minuten | Pauze! |  |
| 25 minuten |  |  |
| 20-30 minuten | Lange pauze! |  |
| **🍅** | | |
| 25 minuten |  |  |
| 5 minuten | Pauze! |  |
| 25 minuten |  |  |
| 5 minuten | Pauze! |  |
| 25 minuten |  |  |
| 5 minuten | Pauze! |  |
| 25 minuten |  |  |
| 20-30 minuten | Lange pauze! |  |
| **🍅** | | |
| 25 minuten |  |  |
| 5 minuten | Pauze! |  |
| 25 minuten |  |  |
| 5 minuten | Pauze! |  |
| 25 minuten |  |  |
| 5 minuten | Pauze! |  |
| 25 minuten |  |  |
| 20-30 minuten | Lange pauze! |  |