

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pomodoro 1							
Break							
Pomodoro 2							
Break							
Pomodoro 3							
Break							
Pomodoro 4							

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pomodoro 1							
Break							
Pomodoro 2							
Break							
Pomodoro 3							
Break							
Pomodoro 4							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pomodoro 1							

Break							
Pomodoro 2							
Break							
Pomodoro 3							
Break							
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Pomodoro 1							
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