



Time	Monday	Tuesday	Wednesday	Thursday	Friday
4.30					
5.00					
5.30					
6.00					
6.30					
7.30					
8.00					
8.30					

The **Pomodoro Method** is a way to revise in short, focused bursts. You **work for 25 minutes**, then **take a 5-minute break**, and **after four rounds you have a longer rest**. This helps you stay focused, avoid distractions, and keeps your brain fresh.



Time	Saturday	Sunday
9		
10		
11		
12		
1		
2		
3		
4		
5		
6		
7		
8		

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