**Technique Pomodoro, Feuille de tâches**

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| **Tâche à accomplir** | **1er segment de 20-25 minutes sans distraction**  | **Pause de 5 minutes** | **2e segment de 20-25 minutes sans distraction**  | **Pause de 5 minutes** | **3e segment de 20-25 min sans distraction**  | **Pause de 5 minutes** | **4e segment de 20-25 min sans distraction**  | **Pause active (ex. marche, yoga) de 15 à 30 minutes** | **Tâche terminée**  |
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