FOCUS · FREE PRINTABLE

25-Minute Focus Tracker

Choose one task, clear distractions, focus for 25 minutes, rest for 5. Tick one circle per block.

Choose
One clear task

Clear
Phone away, tabs closed

Focus
25 minutes

Rest
5 minutes

Date	My one task	Blocks	Done?
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"Later" list: stray thoughts go here

What pulled my focus most this week?