Pomodoro Time 1.0 for Mac OS X – Time and Task Management Tool

XwaveSoft today introduces Pomodoro Time 1.0, the Mac version of their popular time management app for iPhone & iPad. Designed specifically to boost productivity by using the Pomodoro Technique. The app provides a mix of timeboxing, timed rest stops, task management, a goal completion list, and customized productivity analysis. View and compare weekly or monthly progress of total time spent on tasks to accurately adjust actions to be more efficient. App syncs between Mac, iPhone and iPad.

The Pomodoro Technique is based on the idea that individuals are more likely to produce results and complete activities with a break down of work into intervals of 25 minutes, separated by short breaks. Pomodoro Time allows users to customize task duration outside of the standard timeframe to fit individual needs, from 5 minutes to 60 minutes with customized breaks in between. After a few Pomodoros are complete, users may take longer breaks to revive focus and energy.

Pomodoro Time is great for anyone looking to chart and optimize time for executing tasks. The application allows users to view the amount of completed tasks versus projected tasks and the average duration it takes to complete assignments on a weekly basis. Users can compare success rates week to week with a graph that offers users a visual perspective of progress.

Perfect for personal errands, business projects, student assignments, educators, house chores, health and fitness routines, or just about any responsibility that requires an assistant to help complete to-do lists. Essentially, Pomodoro Time offers a unique strategy to keep users' attention on the goal for longer periods of time without the common burn out. The idea is to hard-wire individuals to take short breaks in between tasks with longer breaks permitted after a few Pomodoros have been completed.

Professionals can use Pomodoro Time to allot timeframes for answering morning emails or toggling between projects for multi-tasking success. With strategic rest-stops, the app increases productivity by decreasing loss of focus. At a glance, users will see a timer displayed for the current task at hand and notifications will sound when an action is required. Users have the flexibility to start, pause, or skip the current
Pomodoro and move onto another as priorities change throughout the day and users may need to toggle between tasks.

Feature Highlights:
* Manage time and tasks
* Track progress throughout the week, month or custom period
* Set and track targeted number of tasks to complete

Customize to maximize productivity:
* Pomodoro duration
* Short break duration
* Long break duration
* Number of Pomodoros between long breaks
* Target number of Pomodoros to complete per day
* Ability to start, pause, or skip Pomodoros
* Optional ticking sound
* Alarm sounds while app runs in the background
* Interactive notifications
* Option to launch at start-up
* Syncs between iPad, iPhone and Mac
* Also available for iPhone and iPad

Pomodoro Time launches at startup and continually runs in the background to let alarms sound so users will never miss a deadline. Users can sync OS X application across iPhone, iPad and Mac for an organized and succinct working environment. Pomodoro Time can be present wherever it is needed, allowing users to rest assure that responsibilities will not be forgotten.

The color scheme offers an optimistic view on daily time management by helping to reduce the mundane necessity of completing one's chores. The minimalistic interface reduces the frustrations of compiling to-do lists and several post-its, while breaking from a task to check the clock (then dwell on the clock... and so on). It also helps to keep users focused with a simple, but powerful display of the timer, which distracts users from wanting to take a few minutes to socialize or peruse the Web when faced with a tedious, but important job.

"When taxed with a project assignment, we noticed that people from all industries and personality types became anxious and counter-productive when faced with the notion of balancing many priorities with short deadlines," said Denys Yevenko, CEO/Founder of XwaveSoft. "Our goal is to provide people with a powerful productivity tool, combining the Pomodoro Technique, to make time management a breeze. Ultimately, to re-train individuals to give their body and brain the needed rest to re-group and stay productive for longer periods of time."

System Requirements:
* Requires OS X 10.8 or later
* 2.3 MB

Pricing and Availability:
Pomodoro Time 1.0 is only $2.99 (USD) and available worldwide through the Mac App Store in the Productivity category. Review copies are available upon request. Complete information about countries, cities, categories and subcategories, units and currencies the application contains can be found on XwaveSoft's homepage.

EXTRA LINKS:
Pomodoro Time 1.0
http://xwavesoft.com/pomodoro-timer-for-iphone-ipad-mac-os-x.html

Purchase and Download
https://itunes.apple.com/app/pomodoro-time-focus-timer/id961632517

Screenshot 1

Screenshot 2

Screenshot 3

App Icon

TAGS:
Productivity, Time, Management, Pomodoro, Timer, Mac

CORP IDENTITY:
Based in Odessa, Ukraine, XwaveSoft is a privately owned software development company. Founded in 2009 by Denys Yevenko, XwaveSoft is focused on developing high-quality iOS and OS X applications. Long-term experience and professional expertise of the company's management and personnel guarantee the high quality of its products. All Material and Software (C) Copyright 2015 XwaveSoft. All Rights Reserved. Pomodoro and Pomodoro Technique are registered trademarks of Francesco Cirillo. XwaveSoft is not affiliated with Pomodoro, Pomodoro Technique or Francesco Cirillo. Apple, the Apple logo, Macintosh and Mac OS X are registered trademarks of Apple Inc. in the U.S. and/or other countries. Other trademarks and registered trademarks may be the property of their respective owners.

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