

TIME TRACKING SOFTWARE

The tool

Time-tracking software, such as Pomo focus or Toggl, will help you manage your daily work life more efficiently. These tools serve as a time management method with the aim to set goals and improve productivity.



<https://pomofocus.io/>
<https://toggl.com/track/>

Description

Material required

A device with an internet connection.

Investment required

The Pomo focus timer is free. Toggl has a freemium plan.

Possible uses

To manage your time more efficiently, improve productivity and profitability.

Possible restriction

The fixed intervals and breaks can sometimes feel too rigid and regimented.

Technical difficulty (skills needed): ★

Environmental Impact

The tools mentioned have a low environmental impact 

As a software program, they do not have a direct environmental impact. The latter will depend on the way they are used.

Is it inclusive?

The tools do not appear to be openly designed for use by individuals with SLD. However, Pomofocus software looks dynamic and very easy to use as a tool, with simple buttons and format features. Toggl is more complex and might need a short course to be able to use all its features accurately.



Co-funded by
the European Union

Funded by the European Union (Project code: 2021-1-FR01-KA220-VET-000033162). Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.



This work is licensed under the Creative Commons Attribution- NonCommercial-ShareAlike 4.0 International License (<http://creativecommons.org/licenses/by-nc-sa/4.0/>).

