ToolGPA

NOVEMBER 2026

Pomatez

The Insider's Guide

Free open-source Pomodoro desktop app with a built-in task list



Every plan, grade, refund rule and rival among focus apps, read from Pomatez's own pages.

Made by Roldan Montilla Jr · checked Nov 13, 2026 · toolgpa.com

3.0
GPA



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Who made this guide, what else is on the site, and how to cite it

ToolGPA put this guide together from Pomatez's own pages, its app-store listings and our grades. Every fact in it is on Pomatez's page too, where it is kept up to date. Checked Nov 13, 2026.

Welcome

What it is, who it suits, its grades and the ten things to know first

3.0

GPA, above 60 of the 83 other focus apps we grade

Pomatez is a Pomodoro timer for Windows, macOS and Linux. The rules are adjustable, and it adds a simple to-do list, full-screen breaks and a strict mode that blocks pausing or skipping. The code is on GitHub under the MIT license.

To get you started, here are **8 things to know about Pomatez**, taken from its own pages and our grades.

> **It runs only on Windows, Mac and Linux, and reports and saved task history are still roadmap items.**
>
> From our report card of Pomatez

1 **Best for a free desktop Pomodoro timer with a task list**

Pomatez is a free, open-source desktop timer with its own rules, a task list and full-screen breaks.

2 **It is free**

Pomatez has no paid plan at all. Free to download from GitHub and the Snap Store; the project's pages list no paid version.

3 **It runs on 3 platforms**

Windows, macOS and Linux.

4 **Customizable rules**

Change the default Pomodoro configuration, including work and break lengths.

5 **Built-in task list**

Keep a simple list of to-dos and mark items done.

6 **Full-screen breaks**

Break time can take over the whole screen. The site says multiple monitors are not supported yet.

7 **A 3.0 GPA, above 60 of 83**

That is against the other focus apps we grade, on value, the free plan, features, ease of use and platforms.

8 **Keep it**

Pomatez is free, so making your own would save you nothing.

Pomatez at a glance

PRICING Free	FREE PLAN Yes
FREE TRIAL None stated	RUNS ON macOS, Windows, Linux
MADE BY Roldan Montilla Jr	CATEGORY Focus Apps
OUR GRADE 3.0 GPA, very good	

The report card

Best for a free desktop Pomodoro timer with a task list

Pomatez is a free, open-source desktop timer with its own rules, a task list and full-screen breaks. It runs only on Windows, Mac and Linux, and reports and saved task history are still roadmap items.

TOOLGPA REPORT CARD	Pomatez	Graded Nov 13, 2026

SUBJECT	GRADE	COMMENT
Value for money	A	Free to download from GitHub and the Snap Store, with no paid version listed.
Free plan and trial	A	Free outright, with no account and no cap; the project's pages list no paid plan.
Features	C	Customizable rules, a task list, full-screen breaks, strict mode and special breaks. Productivity reports and saved task history are roadmap items, and full-screen breaks skip extra monitors.
Ease of use	B	No store rating on record. Install it and start a round, with nothing to configure first.
Platforms and integrations	C	Windows, Mac and Linux only. No web, iOS or Android version, though the site lists mobile as coming.

Grade point average — Very good, out of 4.0 **3.0**

An A is worth 4 points, a B 3, a C 2, a D 1 and an F nothing. The GPA is the average of the five.

Who Pomatez is for

- ✓ Fits if you want a free desktop timer that locks you out during breaks
- ✓ Works for people who want a small task list beside the timer

Who it is not for

- ✕ Skip it if you want a phone or web version; it is desktop only
- ✕ Not for you if you want productivity reports, which are a roadmap item
- ✕ Tight if you set your own shortcuts, as keyboard shortcuts cannot be customized yet
- ✕ Watch out: full-screen breaks do not cover multiple monitors

Good to know

Good for

- ✓ Desktop users who want a configurable timer with a task list and no account
- ✓ People who want to force themselves to take breaks

Worth knowing

- ⓘ Desktop only: no web, iOS or Android version, though the site lists a mobile version as coming.
- ⓘ Keyboard shortcuts cannot be customized yet, per the site's roadmap.
- ⓘ Productivity reports and a saved task history are roadmap items, not current features.
- ⓘ Full-screen breaks do not cover multiple monitors.

What it costs

Every plan, the free plan, ways to pay less and how prices have moved

Free

No paid plan at all

Pomatez is free to use.

> **Free to download from GitHub and the Snap Store, with no paid version listed.**
>
> From our grade for value for money

POMATEZ

$0

The full desktop app for Windows, macOS and Linux.

The free plan

Free to download from GitHub and the Snap Store; the project's pages list no paid version.

Read from zidoro.github.io on Nov 13, 2026.

What it does

Its main features, where it runs, what it works with and who makes it

3

Places it runs: macOS, Windows and Linux

Free open-source Pomodoro desktop app with a built-in task list. Here is what it does, as its own site describes it, and what it covers: open source, tasks, Pomodoro timer.

> "Customizable rules, a task list, full-screen breaks, strict mode and special breaks.

From our grade for features

Customizable rules

Change the default Pomodoro configuration, including work and break lengths.

Built-in task list

Keep a simple list of to-dos and mark items done.

Full-screen breaks

Break time can take over the whole screen. The site says multiple monitors are not supported yet.

Strict mode

Stops you pausing, skipping or resetting a timer once it has started.

Special breaks

Set fixed times for breaks such as lunch without changing the Pomodoro configuration.

Desktop controls

Always on top, minimize or close to tray, progress in the tray, compact mode, dark theme and keyboard shortcuts.

Where it runs

macOS Windows Linux

What it works with

Its own pages name no integrations.

Pomatez is made by Roldan Montilla Jr.

PART 04 · STANDING

Where it stands

Its grades against its category, and whether to keep it or make your own

60/83

Other focus apps it is graded above

Pomatez's GPA of 3.0 is higher than 60 of the 83 other focus apps we grade, and level with 15.

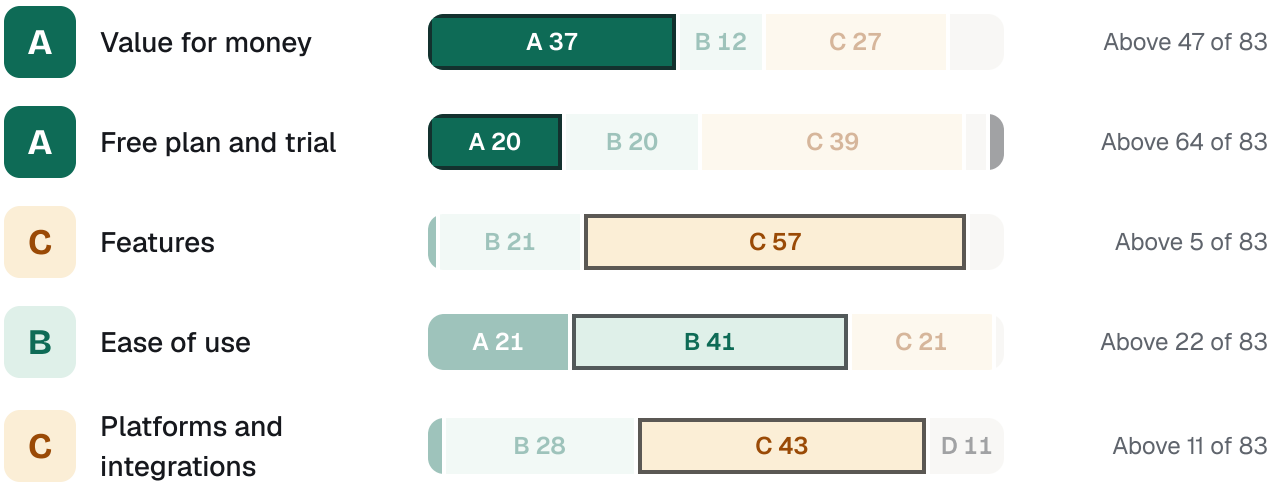
It stands best on free plan and trial (A, above 64 of 83) and worst on features (C, above 5).

Pomatez has no paid plan.

On features, ease of use and platforms it scores 2.3 out of 4. Nothing scores higher for less, though at least one tool matches that score at a lower price.

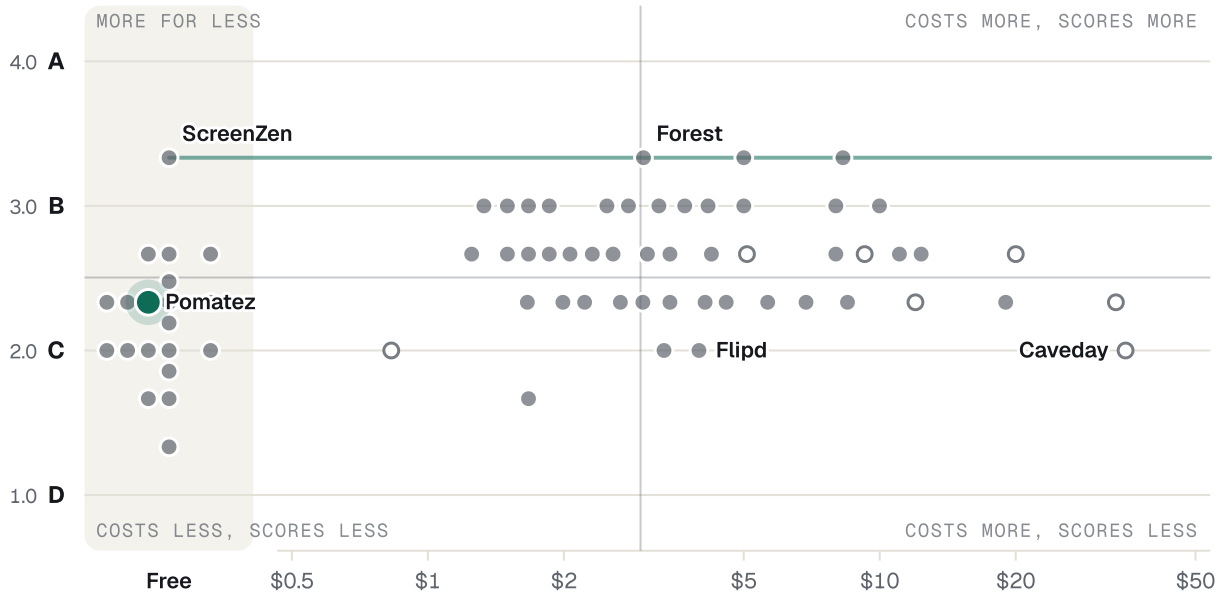
Each grade against the category

Every bar is all 84 focus apps we grade, cut by the letter each got. Pomatez's own letter is outlined.



Price against what you get

Each dot is one of 70 focus apps. Further left costs less; higher up scores better on features, ease of use and platforms. Pomatez is the marked dot.



What paid plans start at, a month (each step along is roughly double)

Keep it, or make your own?

Whether this is something you could build for yourself with an AI app builder, and what you would give up.

Keep it

Pomatez is free, so making your own would save you nothing.

It is one of the better ones too: its GPA of 3.0 is higher than 60 of the 83 other focus apps we grade.

What you could make

- Pomodoro timer and tasks: an app builder makes these well.

What you could not

- Apps for macOS, Windows and Linux that stay in step with each other.

What this rests on. Pomatez's listing: what it does, where it runs, what it plugs into and what it costs. It is a judgement about the kind of software this is. We have not built a replacement for it, and making your own means looking after it too. How we decide, and every tool's verdict.

The alternatives

The tools it is most often weighed against, side by side



Tomighty, TomatoBar, Focus Timer, Pomofocus and Engross

The 5 tools Pomatez is most often weighed against, with where each one differs from it.

T

3.0 GPA

Tomighty

Free

Free Pomodoro timer for the browser, Windows and Mac.

- Only Pomatez lists a Linux app.
- Only Tomighty lists a web app.
- Pomatez also covers tasks.

Pomatez and Tomighty compared in full

2.6 GPA

TomatoBar

Free

Free open-source Pomodoro timer for the Mac menu bar.

- Only Pomatez lists Windows and Linux apps.
- Pomatez also covers tasks.
- TomatoBar also covers menu bar app.

Pomatez and TomatoBar compared in full

F

2.6
GPA

Focus Timer

Free

Free Pomodoro timer for Linux, formerly GNOME Pomodoro.

- Only Pomatez lists Windows and macOS apps.
- Pomatez also covers tasks.
- Focus Timer also covers time tracking.

Pomatez and Focus Timer compared in full



3.0
GPA

Pomofocus

Free plan · from $3/mo

Browser-based Pomodoro timer with a task list and reports.

- Only Pomofocus lists a web app.
- Pomatez is open source, according to its own site.
- Pomofocus can be bought with a one-time purchase.

Pomatez and Pomofocus compared in full



2.2
GPA

Engross

Free plan · from $5.99

Pomodoro timer with to-do list and planner for phones.

- Only Pomatez lists Windows, macOS and Linux apps.
- Only Engross lists iOS and Android apps.
- Pomatez is open source, according to its own site.

Pomatez and Engross compared in full

PART 06 · QUESTIONS

Quick answers

The questions people ask about it, each answered in a line or two

11

Questions, each answered in a line or two

The short version of everything above, for when you only need the answer. Each one is told in full in its part of the guide.

Is Pomatez free?

Yes. Pomatez is free to use.

How much does Pomatez cost?

Pomatez lists one plan. Pomatez: $0.

What platforms does Pomatez work on?

Pomatez is available on Windows, macOS and Linux.

Does Pomatez have an Android app?

No Android app was listed when its pages were read on Nov 13, 2026. Pomatez is listed for Windows, macOS and Linux.

Does Pomatez have an iPhone app?

No iPhone app was listed when its pages were read on Nov 13, 2026. Pomatez is listed for Windows, macOS and Linux.

Is Pomatez open source?

Yes. Pomatez is open source, according to its own site.

Who makes Pomatez?

Pomatez is made by Roldan Montilla Jr.

What are the alternatives to Pomatez?

The closest alternatives to Pomatez in our directory are Tomighty, TomatoBar, Focus Timer, Pomofocus and Engross.

How does Pomatez compare with other focus apps?

Pomatez's GPA of 3.0 is higher than 60 of the 83 other focus apps we grade, and level with 15.

Is Pomatez good value for money?

ToolGPA grades Pomatez A for value for money. Pomatez has no paid plan.

Could I make my own version of Pomatez?

Pomatez is free, so making your own would save you nothing. It is one of the better ones too: its GPA of 3.0 is higher than 60 of the 83 other focus apps we grade.

Where this guide comes from

The prices, plans, platforms and features were read from Pomatez's own pages on Nov 13, 2026, and the grades were given on Nov 13, 2026. Graded from this listing, whose facts were read from Pomatez's own pages on 13 November 2026. Not based on using the product, and shorter than our full reviews.

Every tool we list gets five grades, A to F, each with its reason, and a GPA that averages them. How each is decided is at toolgpa.com/grades. This guide is ToolGPA's own work; it is not made, paid for or approved by Roldan Montilla Jr. Prices change, so check zidoro.github.io before you buy.

zidoro.github.io/pomatez

github.com/zidoro/pomatez

About ToolGPA

Who made this guide, what else is on the site, and how to cite it

7,721

Tools graded, in 95 categories

ToolGPA grades software the way a school report grades a pupil: five subjects, a letter for each with the reason written beside it, and a GPA that averages them. Prices, plans and platforms are read from each maker's own pages and dated, so you always know how fresh a figure is.

Every grade, review and ranking on ToolGPA is our own judgement. No company can pay for a grade or change one. Every tool on the site has a guide like this one, free to download and pass on. It all lives at toolgpa.com.

7,721	95	739	579
tools graded	categories	price changes on record	apps priced in 12 countries

What else is on toolgpa.com

Pomatez, kept up to date

Everything in this guide, with prices and grades as they are today

toolgpa.com/tools/pomatez

How grades are given

The rules behind every letter and every GPA

toolgpa.com/grades

Value charts

What each tool costs against what it scores, for every category

toolgpa.com/charts

Compare

Any two tools side by side, plan by plan

toolgpa.com/compare

Price changes

Every price rise and cut on record, each with its source

toolgpa.com/price-changes

Prices by country

What apps cost on the App Store in 12 countries

toolgpa.com/prices-by-country

Pay less

Every public discount: yearly billing, students, nonprofits

toolgpa.com/save

Keep or make

Which tools are worth paying for, and which you could build yourself

toolgpa.com/keep-or-make

Scan for the live page

Prices and grades as they are today

Quoting this guide?

Please name ToolGPA and link to the live page, so readers can check the figures for themselves:

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ToolGPA, "Pomatez: The Insider's Guide",
checked Nov 13, 2026.
https://toolgpa.com/tools/pomatez
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Know someone choosing between focus apps?

Send them this guide:
toolgpa.com/tools/pomatez/guide

ToolGPA elsewhere: youtube.com/@toolgpa

See our other guides

The best-graded focus apps after Pomatez, each with an Insider's Guide of its own.

Focus Apps Insider's Guide

Every one of the 84 focus apps we grade, compared

ScreenZen Insider's Guide

Free app that delays and blocks distracting apps and sites

3.6 GPA

Flora Insider's Guide

Free focus timer that grows trees, alone or with friends

3.2 GPA

Flow Insider's Guide

Minimal Pomodoro timer for Mac, iPhone, iPad and Apple Watch

3.2 GPA

ToolGPA

Choosing software? Every tool graded, every price dated.

Compare tools at toolgpa.com ›

Everything in this guide is ToolGPA's own summary of what Pomatez's pages, its app-store listings and public reviews said on the dates shown. Grades are our judgement under the rules at toolgpa.com/grades. Every grade, review and ranking on ToolGPA is our own judgement. No company can pay for a grade or change one. Pomatez is a trademark of its owner, and this guide is not made, paid for or approved by Roldan Montilla Jr. Prices and plans change: check zidoro.github.io before you buy.