

Break Timer Version 1.4

by Vernon J. Adams

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INTRODUCTION

Chapter 1

Introduction to Break Timer

1.1 What is Break Timer?

Break Timer is a MS-Windows program which sets off an alarm at a pre-defined interval. Break Timer was written as a program to remind people who work at their workstations for long periods of time to stop and take a break.

In recent years with the popularity of personal computers in the business there has been an increase in the number of repetitive stress injuries occurring from continuous use of the keyboard and mouse. One aspect of avoiding such injuries is to periodically take a break from working, however people often get involved in working and forget to take breaks. Break Timer is a program which reminds one to take a break.

1.2 What Break Timer is not.

Break Timer is not a general purpose alarm program. It is not designed to remind you of your next meeting or your doctor's appointment. There are plenty of fine programs around which will do that for you. Break Timer is an interval timer. It starts a countdown for a period of time. At the end of that period of time, it notifies you to take a break. Once OK is selected, it starts the countdown again. Alarm programs do not work well for repeating the same period alarm continuously. Likewise Break Timer does not work well for setting alarms at different times.

INSTALLATION

CHAPTER 2

Installing Break Timer

2.1 Hardware and Software That You Will Need

Almanac requires an IBM Personal Computer or compatible, equipped with the Microsoft Windows operating environment, level 3.0 or higher. The installation will require approximately 600K bytes of file space on your hard disk.

2.2 Break Timer Files Checklist

The following files make up the Break Timer package.

timr.wri	The manual (this document).
timr.txt	A text version of this document.
timr.exe	The program.
timr.hlp	The help file for the program.

2.3 Installing Break Timer

Place the above three files in a directory.

From Program Manager, choose a group in which to place Break Timer.

Pick File/New, specifying a Program Item.

In the Command Line entry type the full path and filename for timr.exe.

Fill in description as you wish.

Most people like to Check the Run Minimized option.

Click on OK. The Break Timer icon should now appear in the selected group.

To run Break Timer, double click on its icon.

2.4 Autostart Break Timer

In order to autostart Break Timer, place it in the Startup Group of Program Manager.

Chapter 3 Operation

3.1 Responding to the alarm

When the timer period has expired Break Timer will present an alarm dialog box. There are two buttons on the dialog box. The left button is labeled "OK"; pressing this button will cause the dialog box to disappear and the timer will begin timing for the specified period of time again. The right button is labeled "Snooze". This button is similar to the snooze button on alarm clocks. Pressing the Snooze button will cause the dialog box to disappear, but it will reappear in five minutes. This feature is useful when you are engaged in something that cannot be interrupted. Pressing this button gives you a time to find a stopping place in your work before taking a break.

3.2 Changing & Saving the time period

Choosing Change Time Period from the File menu presents a dialog box in which the user can specify the number of minutes between alarms. Changing the current time period does not change the value that the program loads upon startup. In order to change the permanent time period use the Save Time Period menu option.

Choosing Save Time Period Value from the File menu saves the current time period for loading each time the program starts.

3.3 Disabling the Alarm

Choosing Disable Alarm from the File menu turns the alarm off without stopping the Break Timer program. This option is useful when you are running a long program while the computer is unattended. This option will prevent the alarm from going off.

REGISTRATION

CHAPTER 4 Registration and Licensing

4.1 Break Timer Registration

This program is provided as shareware. It is copyrighted software and if you use it you must register it.

With registration you will receive a license number which will prevent the shareware screen from soliciting you to register your software. This registration will be good for all future shareware versions of Break Timer. The registration does not include update disks, a manual, or any other service.

4.2 Registration Form

(Printed on following page)

License request for Break Timer for Windows
Copyright (c) 1992-1993 by Adams Software Development & Training, Inc.

Break Timer is licensed on a per user basis. The license grants the user the right to install and use the software on one or more computers so long as the total number of users does not exceed the license quantity.

Name

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City State/Prov ZIP

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	<u>Qty</u>		<u>Price</u>	<u>Total</u>	
Registration	_____	x	\$15.00	_____	
				_____	Georgia residents add 5% sales tax.
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5927 Western Hills Dr.
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Thank you for supporting the shareware software concept and encouraging the future development of other software products for Windows!

Adams Software Development & Training, Inc.
Norcross, GA 30071

Telephone: (404)448-3781

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