

Contents

After a reasonable trial period, continued use of this software requires payment of a registration fee. See the Shareware Registration topic.

Shareware Registration

Introduction

Letter to User
General Overview
Limitations

Setup and Support

Installation
Distributed Files
Support

How To...

Get Help
Display Main Menu
Define What to Display
Enable Warning Notices
Move the Application Window

Main Menu Commands

Title Bar On
Stay On Top
View
Warning Levels
Reset
Reports
 Summary
 Hourly
 Virtual Keys
Print Setup
Help
About
Registration
Exit

Shareware Registration

You may use this program to evaluate its capabilities. If you continue to use it after a reasonable trial period, you must pay the \$15.00 registration fee to Sapphire Software Inc. Quantity discounts are available. You may register by check, credit card, or CompuServe. Details are provided below.

When you register, you will receive the following:

1. The currently available regular version of the program (without the registration reminder screens).
2. A single-user license to run the regular version on one computer for one user.
3. Additional documentation on how you can use the dynamic link library for your own programs. The associated ".lib" library file for linking will also be provided.
4. Discounts on new versions of the program as they become available.
5. One year of free telephone/electronic mail support.

How to Print the Registration Form and Pay by Check

1. Select the "Registration" option from the main menu and fill in the form that appears.
Note: This option is provided to make it easy for you to complete a legible registration form. It does not alter the way the program works. Instead of this option, you may also use the "register.txt" text file which comes with the distributed files.
2. Use the "Print" button to print the registration form.
3. Verify the printed information and manually complete the registration form. Please add any comments or suggestions that you may have.
4. Mail the registration form and your check (made payable to Sapphire Software Inc. in USA funds) to the address shown on the registration form.

How to Register with CompuServe

CompuServe offers a shareware registration service that will bill the registration fee to your CompuServe account. If you use this service (GO SWREG), the registered version of the product is usually shipped on the next working day.

How to Register with Credit Cards

You can order with MC, Visa, Amex, or Discover from Public (software) Library by calling 800-2424-PsL or 713-524-6394 or by FAX to 713-524-6398 or by CIS Email to 71355,470. You can also mail credit card orders to PsL at P.O.Box 35705, Houston, TX 77235-5705.

THE ABOVE NUMBERS ARE FOR ORDERS ONLY.

Any questions about the status of the shipment of the order, refunds, registration options, product details, technical support, volume discounts, dealer pricing, site licenses, etc, must be directed to Sapphire Software Inc.

To insure that you get the latest version, PsL will notify us the day of your order and we will ship the product directly to you.

PsL has assigned product #11694 to Clickometer.

Letter to User

Dear User:

Thank you for considering this program for your use. Before you use this software, you must accept the following Disclaimer of Warranty:

THIS SOFTWARE IS SUPPLIED AS IS. SAPPHIRE SOFTWARE INC. DISCLAIMS ALL WARRANTIES, EXPRESSED OR IMPLIED, INCLUDING, WITHOUT LIMITATION, THE WARRANTIES OF MERCHANTABILITY AND OF FITNESS FOR ANY PURPOSE. SAPPHIRE SOFTWARE INC. ASSUMES NO LIABILITY FOR DAMAGES, DIRECT OR CONSEQUENTIAL, WHICH MAY RESULT FROM THE USE OF THIS SOFTWARE.

This agreement shall be governed by the laws of the State of Hawaii.

You may use this program for a reasonable time period to see if it fits your needs. If you continue to use this program after the trial period, payment of a registration fee is required. Refer to the **Shareware Registration** for additional information.

Please contact me if you have any questions, problems, or suggestions regarding the program. See the **Support** topic for additional information.

Sincerely,

Layton S. Fujii
Sapphire Software Inc.

General Overview

Improving workstation ergonomics can greatly reduce workstation related problems such as repetitive-strain injuries (RSI), eyestrain, headaches, Carpal tunnel syndrome (CTS) and other musculoskeletal injuries. In addition, it helps to take work breaks at reasonable intervals.

The main purpose of this program is to simply let you know when to take a break based on the level of keyboard and mouse activity. It also keeps some cumulative statistics so it can give you a "profile" of your keystrokes and mouse activity. See the **Reports** menu option for the list of available reports.

As the program counts the number of keystrokes and mouse operations, it can display a warning notice when certain activity levels are exceeded. Since no two people work alike, you can specify your own warning levels.

For example, you can set the program to display the number of keystrokes in a digital meter like a car's odometer. You can then use the meter to give you an idea of when to take a break. Once you have an idea of your level of activity, you can specify a warning level for the number of keystrokes and tell the program to automatically display a warning notice when the warning level is reached. You can also display a meter which shows the percent of keystrokes completed to reach the warning level.

The program will count the following types of user input:

- Key Click** Any keystroke (auto-repeat keystrokes are not counted).
- Mouse Click** Pressing any mouse button.
- Mouse Travel** Approximate distance the mouse cursor has traveled on the screen during mouse operations.
- Transition** Any keyboard operation followed by a mouse operation or any mouse operation followed by a keyboard operation.

In addition, the counters are based on three different points of reference and are categorized as follows:

- Cumulative** Counters since the initial execution of the program after installation.
- Execution** Counters since the start of the current execution of the program.
- Current** Counters since the last reset time. You may reset these Current counters to zero at any time.

Limitations

1. Keystrokes or mouse operations in DOS are not counted.
2. The Print Screen key is not counted.

Installation

As a precautionary measure, make a backup of any previously installed versions and associated data files before proceeding with the installation. The following installation instructions assume that all of the files are on a diskette or are located in a single directory on a hard disk.

Standard Installation using INSTALL Utility

1. From the Windows Program Manager or File Manager, select the Run option in the File menu. In response to the "Command Line:" prompt, enter the location of the INSTALL utility. For example if the distribution is located in drive A:, enter the following:

```
A:\CLKMTR\INSTALL
```

2. If all the required files are located, the installation dialog box appears with the options described below. By default all options are selected.

Install Program into Directory: - Click on the check box to select or not select this option. An X appears in the box when the option is selected. In the edit box at the right, enter the drive and directory to place the program. In the edit box labeled "**Working (data) Directory:**" enter a directory for the data files. Files such as "CLKMTR.CFG" and "CLKMTRHK.DAT" are automatically created in this directory on startup.

Create Program Group. - Click on the check box to select or not select this option. An X appears in the box when the option is selected. When this option is selected, a program group named "Clickometer" with a single program item will be created. The "Program Item Properties" dialog box for this program item will contain the following values:

Description: Clickometer x.y (x.y represents the program version)
Command Line: <Program Directory path>\CLKMTR.EXE
Working Directory: <Working (data) Directory path>

Note: If this option is selected, you must fill in both edit boxes to the right of the "Install Program into Directory" option since they are needed for the "Command Line" and "Working Directory" entries for the program item definition.

3. Click on OK to complete the installation. It should complete in less than a minute.
4. Re-arrange your desktop as necessary to place the new program group at the desired location and save the new arrangement so the next time Windows start, your desktop will be arranged as you like it.

Manual Installation - Full Install

1. Create a directory where you want place the program. You may use the Windows File Manager or DOS.
2. Copy all the program files from the diskette to the new directory. You may use the Windows File Manager or DOS.
3. For example if your distribution files reside in drive "A:" and you want to install them into "C:\CLKMTR", in DOS type:

```
MKDIR C:\CLKMTR  
COPY A:\CLKMTR\*. * C:\CLKMTR
```

4. You may now execute the program named "CLKMTR.EXE" directly with the Windows File Manager.
5. If you want to set up an icon in a program group to execute CLKMTR.EXE, refer to the "Working with Program Items" section in the Program Manager chapter of the Windows User's Guide. Using the same example as above, enter the following in the "Program Item Properties" dialog box:

Description: Clickometer
Command Line: C:\CLKMTR\CLKMTR.EXE
Working Directory: C:\CLKMTR

Manual Installation - Program Only

You do not have to copy all of the files to your disk, but the required files are "CLKMTR.EXE", "CLKMTR.HLP", and "CLKMTRHK.DLL." These are the program executable, help, and library files respectively.

Use the DOS copy command or the Windows File Manager to copy the files from the distribution diskette. For example to install the files into "C:\CLKMTR", sample commands to copy the files are:

```
COPY A:\CLKMTR\CLKMTR.EXE C:\CLKMTR
COPY A:\CLKMTR\CLKMTR.HLP C:\CLKMTR
COPY A:\CLKMTR\CLKMTRHK.DLL C:\CLKMTR
```

Starting the Application When You Start Windows

You can start this application whenever you start Windows by placing a program icon in the Windows StartUp group. Refer to the **Windows User's Guide** for more information.

Distributed Files

Required to Run the Application

- clkmttr.exe Clickometer program executable.
- clkmttr.hlp On-line help file. You may also view this file directly with the Windows Help utility (winhelp.exe). On most systems you can double-click on this file from the Windows File Manager and Help will show you the contents of this file.
- clkmttrhk.dll Dynamic link library required by the program executable.

Informational Files (may be viewed by any text editor)

- features.txt This provides a summary description of the software.
- file_id.diz This is a short description of the program, primarily for BBS use.
- install.txt Provides information about how to install this program.
- letter.txt A letter from the author to the user, including the user agreement information.
- readme.txt Read this first. It tells you where to get information in the various files.
- register.txt If you do not use the program's "Registration" option in the main menu, this provides information on how to register this program.
- release.txt This summarizes the changes between this version and the previous version. It may also contain new information that could not be included elsewhere.
- vendor.txt This information is for shareware vendors and bulletin board system operators.

Other Files

- clkmttr.cfg This configuration file is created automatically and maintained by the program.
- clkmttrhk.dat This data file contains cumulative data and is created automatically and maintained by the dynamic link library.
- install.exe Installation utility.
- \zip\clkmttrxy.zip - (Only on disks from Sapphire Software Inc.) This file contains the above files in PKZIP 2 compressed format. The "xy" in the filename represents the program version. For example "30" refers to version 3.0.

Support

Telephone Support

(808) 395-5587 (Voice messages taken during off-hour periods.)

CompuServe

Send messages to 71223,3653.

Send Correspondence to:

Sapphire Software Inc.

6650 Hawaii Kai Drive

Suite 219

Honolulu, Hawaii 96825-1140

USA

ASP

This program is produced by a member of the Association of Shareware Professionals (ASP). ASP wants to make sure that the shareware principle works for you. If you are unable to resolve a shareware-related problem with an ASP member by contacting the member directly, ASP may be able to help. The ASP Ombudsman can help you resolve a dispute or problem with an ASP member, but does not provide technical support for members' products. Please write to the ASP Ombudsman at 545 Grover Road, Muskegon, MI 49442 or send a CompuServe message via CompuServe Mail to ASP Ombudsman 70007,3536.

How to Get Help

Select the "**Help**" option from the main menu to display this help.

You may also press the "**F1**" key at any time.

How to Display Main Menu

Position the mouse cursor anywhere over the application's window and click on the right mouse button to display the application's main menu.

You may also select "Clickometer Menu" from the application's Control Menu. To display the Control Menu, select the Control Menu box in the upper-left corner of the application's window.

How to Define What to Display

Clickometer displays one or more digital meters and updates these meters in real-time. The meters are automatically positioned in the application's main window in a left to right and top to bottom order. If you make the window tall and narrow, the meters will be displayed vertically. If you make the window short and wide, the meters will be displayed in a horizontal row. To select the meters to display, select the **View** option from the Main Menu.

To reduce the size of the application's window, you can remove the title bar with the **Title Bar On** option from the Main Menu.

If you select a single meter to display, you may display the meter's value in the application's title bar to reduce the application's size to a minimum. When the application is in icon mode, the meter value will be displayed as the icon title and updated in real-time.

How to Enable Warning Notices

When warning notices are enabled, a message box will appear whenever a warning level has been reached.

To enable warning notices, first define warning levels with the Warning Levels dialog box. In this dialog box, click on the "**Enable Warning Notices**" check box so an X appears in it.

When a Warning Notice box appears, click on the "**OK**" button to acknowledge the warning and the Warning Levels dialog box will then appear to let you change any of the warning levels.

For example, if you want to receive a warning notice on each 10,000 Clicks, enter the following in the Warning Levels dialog box:

1. For the item labeled "**All Clicks Since Reset (Clicks):**", enter 10,000 in the "**New**" column.
2. Click on the "**Enable Warning Notices**" check box so an X appears in it.
3. Click on the "**Reset**" check box so an X appears in it.

When you reach 10,000 Clicks, the Warning Notice box will appear. Click on the "**OK**" button and the Warning Levels dialog box will appear. Click on the "**OK**" button again to continue your work. (Don't forget to take a break !) Since the "**Reset**" option was enabled in step 3 above, the Current counters will be reset and a warning notice will appear on the next 10,000 Clicks.

How to Move the Application Window

If the application's title bar is visible, use the standard Windows techniques to move the window.

If the application's title bar is not visible, move the mouse cursor over the application, press the left mouse button, move the mouse cursor to the new position (the entire window will move as you move the mouse), and finally release the left mouse button.

Title Bar On

If this menu item is checked, the application's title bar is visible. Click on the menu item to remove the check mark and remove the application's title bar.

If this menu item is not checked, the application's title bar is not visible. Click on the menu item to set the check mark and show the application's title bar.

Stay On Top

If this menu item is checked, the application's window will remain visible. Click on the menu item to remove the check mark and allow other applications to be displayed over this one.

If this menu item is not checked, the application's window may be hidden behind other applications. Click on the menu item to set the check mark and force this application's window to remain visible.

View

This option lets you select what meters to display. The meters are automatically positioned in a left to right and top to bottom orientation. To display several meters horizontally on a line, make the application's window short and wide. To display meters vertically, make the application's window tall and narrow. The following meters can be displayed:

Current Counters (since last Reset command):

Clicks	All keystrokes and mouse clicks.
Keys	Keystrokes only.
Mouse	Mouse button clicks only.
Travel	Mouse travel in current units.

Execution Counters (since application started):

xClicks	All keystrokes and mouse clicks.
xKeys	Keystrokes only.
xMouse	Mouse button clicks only.
xTravel	Mouse travel in current units.

Various times in hours and minutes (HH:MM):

Current Time	
Start Time	Time the application was started.
Reset Time	Time the last Reset command was issued.
Since_Start	Time the application has been executing.
Since_Reset	Time since the last Reset command.

For each of the counters, special meter values may be displayed if a warning level is defined (see **Warning Levels**). If a "(%)" is appended to the meter name, then the meter will show a percent to the warning value. If a "(-)" is appended to the meter name, then the meter counts down toward zero to indicate how many operations are left before reaching the warning level.

For example, the meter named "**Clicks(%)**" displays the percent of keystrokes and mouse click operations completed to reach the warning level. The meter named "**Mouse(-)**" displays the number of mouse clicks left before reaching the warning level.

When this menu item is selected, the "Select Items to View" dialog box appears. The various controls in this dialog box are described below.

Available Meters - This shows a list of all available meters that can be displayed. Select the one you want and click on the **Add** button to add on to the list of **Selected Meters**. You may also double-click on an item to add it to the list of **Selected Meters**.

Selected Meters - This shows a list of all the meters that will be displayed. To remove an item from the list, highlight the one to remove and click on the **Remove** button. You may also double-click on an item to remove it from the list. Since the order of this list determines the order on the display, you may change the order on this list with the **Move Up** and **Move Down** buttons. To move an item, select it and click on the appropriate up or down button.

Travel Units - This specifies the units used to display the amount of mouse travel.

Meter Width - This specifies the approximate width of a meter in terms of the number of digits to display.

Display single item in Title Bar - If only one meter has been selected, this option is enabled. If an X is placed here, the meter value will be displayed in the title bar.

Label Font - This button will invoke a standard Windows dialog box to let you select the font that is used

for the label in each meter.

Value Font - This button will invoke a standard Windows dialog box to let you select the font that is used for the time or counter value in each meter.

Note: When choosing fonts, the Label Font should not be larger than the Value Font. To avoid meter values writing over the meter label, adjust the font sizes and the meter width as necessary.

Warning Levels

Warning levels define a threshold counter value that you define based on your usage. When a counter value reaches this warning level, you can have a message box displayed to let you know that the warning level has been reached. These warning levels are used as the reference point for the meters that display a percent to reaching the warning level indicated by the suffix "(%)" or those that count down to the warning level indicated by the suffix "(-)".

When this menu option is selected, a dialog box appears to let you set warning levels for the following:

Execution Counters (since application started):

xClicks	All keystrokes and mouse clicks.
xKeys	Keystrokes only.
xMouse	Mouse button clicks only.
xTravel	Mouse travel in current units.

Current Counters (since last Reset command):

Clicks	All keystrokes and mouse clicks.
Keys	Keystrokes only.
Mouse	Mouse button clicks only.
Travel	Mouse travel in current units.

Two columns of numbers appear. The "**Current**" column on the left, shows the current threshold values. Use the "**New**" column on the right to enter the new threshold values. A zero value means that a warning level is not set.

The "**Enable Warning Notices**" check box determines whether a warning notice box appears when any warning level is reached. To enable warning notices, click on the check box so an "X" appears. To disable warning notices, click on the check box so it is empty.

The "**Reset**" check box determines whether the Current Counters are cleared when the dialog box is closed with the **OK** button. To clear the Current Counters, click on the check box so an "X" appears. To disable the automatic reset, click on the check box so it is empty.

Reset

Use this menu option clear all Current Counters. Execution and Cumulative counters are not affected.

Reports

Use this option to display and print the various counter values. Three different types of reports are available and they appear as a sub-menu. These include the following types of reports:

Summary Report - This report displays total values for all clicks, key clicks, mouse clicks, mouse travel, and key/mouse transitions.

Hourly Reports - These reports display hourly total, peak, average, and last values for each day in a week for clicks, key clicks, mouse clicks, mouse travel, and transitions.

Virtual Keys Reports - These reports show the amount of usage of each virtual key. Virtual key codes are defined in a device-independent manner and identify most of the keyboard keys.

For each report, option buttons appear across the top. These include:

Close - Use this to close the report dialog box.

Print - Use this to print the report. It will appear in the same format as that shown in the dialog box.

Font - Use this to change the font used for the report.

Scale - Since the counter values can get very large, this option can be used to display the counter values in terms of a scale factor. For example, if you set the scale factor to "1,000" and the actual value is "9,750", the report will show a value of "9" (values are truncated).

When the **Scale** button is selected, a small dialog box will appear. Select the scale factor from the "**Scale Factor**" list box. You may also highlight all values greater than a certain value, by placing that value in the "**Highlight if greater than**" field. A zero in this field, disables highlighting.

Export - Use this button to export the data shown in the report by storing the information into a delimited text file. This file can then be imported by various spreadsheets or databases. The information in each exported file appears in same order as the report. A sample of an exported file for the summary report is shown below. Note that double quote marks surround each value and values are separated by commas.

```
"Summary"  
", "Total For All Time", "Since Start", "Since Reset"  
"All Clicks ", "45444", "18455", "18455"  
"Key Clicks ", "41064", "18061", "18061"  
"Mouse Clicks ", "4380", "394", "394"  
"Mouse Travel ", "521450", "59244", "59244"  
"Transitions ", "9544", "387", "387"  
"Initial Data Collection: ", "Oct 26, 1994 11:57"  
"Start Time: ", "Oct 29, 1994 09:25"  
"Reset Time: ", "Oct 29, 1994 09:25"  
"Last Update Time: ", "Oct 29, 1994 10:40"  
"Total Time (Hrs:Min): ", "11:39"  
"Time Since Start: ", "01:15"  
"Time Since Reset: ", "01:15"  
"Travel Units: ", "Millimeters"
```

Reports - Summary

This report displays cumulative counts for all clicks, key clicks, mouse clicks, mouse travel, and key/mouse transitions since first using the program. It also shows counts since the program started and counts since the last reset.

See the [Reports](#) topic on how to use the options buttons.

Reports - Hourly

When this menu option is selected, a dialog box appears to let you choose the data to display. The possible choices are:

All Clicks per Hour (Average)

All Clicks Per Hour (Last)

All Clicks Per Hour (Peak)

All Clicks Per Hour (Total)

Key Clicks Per Hour (Average)

Key Clicks Per Hour (Last)

Key Clicks Per Hour (Peak)

Key Clicks Per Hour (Total)

Mouse Clicks Per Hour (Average)

Mouse Clicks Per Hour (Last)

Mouse Clicks Per Hour (Peak)

Mouse Clicks Per Hour (Total)

Mouse Travel Per Hour (Average)

Mouse Travel Per Hour (Last)

Mouse Travel Per Hour (Peak)

Mouse Travel Per Hour (Total)

Number of Samples per Hour (Number of times data has been collected within the hour)

Transitions Per Hour (Average)

Transitions Per Hour (Last)

Transitions Per Hour (Peak)

Transitions Per Hour (Total)

The "**(Total)**" type reports show the cumulative counts for each hour.

The "**(Average)**" type reports show the cumulative counts divided by the number of samples for each hour.

The "**(Peak)**" type reports show the highest recorded counts for each hour.

The "**(Last)**" type reports show the last recorded counts for each hour.

See the [Reports](#) topic on how to use the options buttons.

Reports - Virtual Keys

When this menu option is selected, a dialog box appears to let you choose the data to display. The possible choices are:

- Key Code Order (Total)**
- Key Code Order (Percent)**
- Top 64 (Total)**
- Top 64 (Percent)**

The "**Key Code Order**" reports show the 256 possible virtual key codes from 0 (hex) to FF (hex).

The "**Top 64**" reports show 64 of the most used virtual keys.

The "**(Total)**" type reports show the cumulative counts.

The "**(Percent)**" type reports show the percent of total usage for each key.

See the [Reports](#) topic on how to use the options buttons.

Print Setup

Use this to display the standard printer setup dialog box which allows the printer to be changed and also allows changes to options such as the paper orientation and size.

Help

Provides help on this application.

About

Provide version and author information about this application.

Registration

Provides information on how to register this program and print the registration form. See the [Shareware Registration](#) topic.

Exit

Use this to exit the application. All cumulative data will be saved.

