

D-Click on watchdg.exe.  
The default installation directory is "c:\windows".  
Click on unzip.

To install in win3.1 follow these steps... (from program manager)

Open the Accessories Group.  
Click File, New.  
Click OK [Program item should already be selected]  
Type "Watch Dog" in the description field.  
Type "watchdog.exe" in the command line field.  
Type "c:\windows" in the working directory field.  
Click Ok

To install in win95 follow these steps...

R-Click on the start button.  
Select Open  
D-Click on Programs  
D-Click on Accessories  
Click File, New, Shortcut  
Click Browse  
D-Click on the windows direcotry.  
Find File watchdog.exe  
D-Click on watchdog.exe  
Click Next  
Click on Finish.