

```

\s          {GetNumber "Number of minutes between saves? ",INTERVAL}
RESTART    {Let ALARMTIME,@NOW+INTERVAL/1440}
TEST       {If @NOW>=ALARMTIME} {MenuBranch SAVE}
           {Get KEY}

KEY

           {Branch TEST}

SAVE       Yes          No
           Save the worksheet?  Save the worksheet?
           {Esc 10}/fs {?}~r{Esc}  {Branch RESTART}
           {Branch RESTART}

INTERVAL
ALARMTIME

```