

# TakeABreak

What is TakeABreak?

Sometimes we forget how long we are working on the computer (I know I do!). We need to be reminded to stop and take a break to give your eyes a rest, maybe get up and move around a bit. This Control Panel is designed to notify you to Take a Break from working on the computer at certain intervals that you define (every 30 minutes, every couple of hours, etc.). It can notify you by playing a QuickTime™ movie, playing a sound or showing a window (one or all of the above).

What comes in the TakeABreak package?

Your TakeABreak package should contain the following files:

- TakeABreak
- TakeABreak Documentation
- TakeABreak - Read Me First! (a SimpleText file)
  - Registration (open me!)  
(fill out the registration form with this application)

Who wrote this thing?

TakeABreak for the Macintosh was written on a Quadra 630 and a PowerMacintosh 8500/132 by John V. Holder.