

Setting Up:

First, open the TakeABreak control panel (see figure 1).

Figure 1 - TakeABreak Window

Setting the Notify times:

You set the time between notification by entering how many minutes in the “Notify Every: ” edit box or you can use the pop-up menu to choose a time. If you set it to Notify Every 45 minutes, then every 45 minutes you'll be notified to stop working and take a break.

How to use TakeABreak:

- Assigning a movie:
To have a QuickTime™ movie play, just check the “Play QuickTime™ Movie” check box and select a QuickTime™ movie using the standard open file dialog. Once a movie is chosen, you can play it from the Control Panel window by clicking on its name.
- Playing a sound:
To have a sound play, just check the “Play Sound” check box and select a sound with a pop-up menu by clicking the box below the “Play Sound” check box. The sound's name will now be displayed. To play the

sound, you can Option-click the sounds name.

- Showing a Window
To show the TakeABreak window, just check the “Show Window” check box .

Stopping a movie while it's playing:
Just click the mouse button and hold it down until the movie stops.

On the bottom of the window, there is an On\Off switch (that will either say “ON” or “OFF”). There are also two buttons; clicking the “Help” button will bring up the on-line help, clicking the “Prefs” button will allow you to set preferences for TakeABreak.