Customizing TakeABreak (Preferences)

igure 2 - Preferences Dialog

Customizing TakeABreak:

To set any options for TakeABreak just click the "Prefs" button from the TakeABreak Control Panel window.

Here is the description of the check boxes:

• Icon at Start-up:
    If checked, an icon will be displayed during startup.
• Wait for click in window:
    If checked, you must click in the TakeABreak window to get rid of it and resume work.   You should probably check this item if you want TakeABreak to really work for you and get you to stop working. :-)

Special Applications:
You can create a list of applications that cause problems while using TakeABreak.   To add an application to the list, click the "Add" button, select the application and click the "Open" button.   To remove an application from the list, select it with the mouse and click the "Delete" button.