This is not the Help File. If it were the actual Help File, it would have some useful information, here instead of this filler text.

When the Help File is complete, it will explain the options tab of the script. I think the first checkbox now explains itself, but the second might not be so clear. So, here's how to use that.

When you transfer a morph and end up with shoulder squish, this little widget is meant to help fix that.

1. Starting with same Source figure, dial in the character that caused the issue.
2. Go to the Target figure, and scale it so that the shoulders of that figure line up with the shoulders of the morphed source figure. The better the alignment, the better the script will work. Note, X,Y, and Z scale will not help here, and using those will likely just end up causing confusion, and otherwise having unpredictable effects. Make note of the scale value.
3. Restore the Source figure to default.
4. On the Source figure, check the head and body morphs ONLY. (Assuming separate head and body morphs. For a figure with a single full body morph, check only that morph.)
5. On the options tab, check BOTH checkboxes.
6. With the second box checked, there's now a Text entry field that reads 100%. Enter the scale value you got in step 2 as a percentage. (This is if you somehow had a scale value between 0 and 1 because your Scale did not display as percentage. The script expects a percentage, so .9 will be treated as 0.9%. If your Scale is based on 0 to 1, then .9 should be entered as 90.)
7. Return to the Transfer Settings tab and proceed as normal.

The script will transfer only the head and body morph, and it will attempt to correct the scaling. If it works, the result will be the transferred shape at roughly the same size and base target figure. To make the transferred shape match the source figure, dial in the target figures scale to the value you got in step 2.