

Welcome

Time

Alarm

Stopwatch

Timer

Pomodoro

Control

Process monitor

Site monitor

Others

Switch profile

Tips

My stats

Time spent

Monitor stats

Fails

My goals

Alarm

Window Name

Alarm

18

-

+

30

-

+

Text

☐ Silent alarm (only notifications)

Create alarm

Stopwatch

Window Name

Stopwatch

00:00:00

Start

Timer

Window Name

Timer

00:15:00

Reset

Start

Pomodoro

Window Name

Pomodoro

Work time

Break time

Start

Pomodoro 2

Window Name

Pomodoro

You still have 10 minutes and 30 seconds remaining.


You have a 5 minutes break when the timer is over

Cancel

Site monitor

MakeMeFocus

Site monitor




URL

Add

Monitored URLs

Edit



Profile creation

Window Name

Profile name

Type

Estudo ▼

Description

Create profile

Stats

My stats - Profile 01

Creation date: 06/01/2023 - 14:00

Total time spent: 20 hours, 12 minutes

Tips

Tips

1. The first step is to create a new document. In the top left corner, click on the 'File' menu and then select 'New'. This will open a new document window.

2. Next, you need to set up the page layout. Go to the 'Page Setup' dialog box (found under the 'File' menu) and adjust the margins, orientation, and other settings as needed.

3. Once the page is set up, you can start adding content. Use the 'Insert' menu to add text, images, tables, and other elements. You can also use the 'Format' menu to change the appearance of your content.

4. As you work, it's important to save your progress frequently. Click on the 'File' menu and select 'Save' to save the current version of your document.

5. When you're finished, you can export your document as a PDF or print it directly. Go to the 'File' menu and select 'Export' or 'Print'.

6. Finally, remember to proofread your work before submitting it. Check for spelling errors, grammar mistakes, and formatting issues to ensure a professional result.