Download, Install and Setup Instructions for Stretchly

Stretchly is a cross-platform open source app that reminds you to take breaks when working on your computer.

macOS:

◆ Download the *Stretchly DMG file* (Intel) or *Stretchly Arm64 DMG file* (Apple silicon).

NOTE: Not sure which chip your computer has? **This link should help.**

◆ The install file should be downloaded to your Downloads folder. Once the download is complete, there are several ways to correctly install the Stretchly application. Please reference the *Stretchly downloads webpage* for the best method to use for your macOS system.

NOTE: The recommended installation method worked for me.

◆ Once the Stretchly application is installed, run it from Apps to begin the initial setup.

NOTE: Below are recommended settings. You are welcome to select the settings that work for you!!!

◆ On the Welcome to Stretchly screen, select your language and select the Open Preferences button.

◆ On the Stretchly Preferences **Settings** screen:

☑ Select the "Start Stretchly automatically when logging in" checkbox.

◉ Select the "Window" radio button.

☑ Select the "Show exercise tips during breaks" checkbox.

☑ Select the "Show breaks on all monitors" checkbox.

☑ Select the "Monitor system idle time (breaks are paused if system is idle)" checkbox.

☐ Unselect the "Show breaks even in Do Not Disturb mode" checkbox.

◆ On the Stretchly Preferences **Schedule** screen:

☑ Select the "Enable Mini breaks" checkbox.

➡ Use the "Break for" slider to select the amount of time a mini break will last.

➡ Use the "Every" slider to select how often a mini break will occur.

☑ Select the "Show notification before Mini break starts" checkbox.

☑ Select the "Enable postponement for Mini break" checkbox..

☑ Select the "Enable Long breaks" checkbox.

➡ Use the "Break for" slider to select the amount of time a long break will last.

➡ Use the "Every" slider to select how often a long break will occur.

☑ Select the "Show notification before Long break starts" checkbox.

☑ Select the "Enable postponement for Long break" checkbox.

☐ Unselect the "Enable Strict mode for Mini breaks" checkbox.

☐ Unselect the "Enable Strict mode for Long breaks" checkbox.

◆ On the Stretchly Preferences **Theme** screen:

☑ Select the Appearance Theme that works best for you.

☐ Unselect the "Enable transparency" checkbox.

☑ Select "Enable sounds" if you prefer a sound effect when the mini break or long break ends.

◉ If "Enable sounds" is selected, select the sound effect that works for you.

■ Leave the Menubar (Tray) set to Default

◉ Select the "Colour" radio button.

◆ On the Stretchly Preferences **About** screen:

☑ Select the "Automatically check for app updates" checkbox.

◆ Close the Stretchly Preferences screen.

◆ To access the Stretchly Menu, click the Stretchly icon on the Menu bar where you can:

▷ Skip to the next:

▷ Mini break

▷ Long break

▷ Pause breaks

▷ Reset breaks

▷ Access the Preferences screen

▷ Quit Stretchly

Windows:

◆ Open the Microsoft Store.

◆ Type "Stretchly" in the *Search apps, games, and more* edit field and select the Stretchly app from the results list.

◆ Select the Get button to download and install the Stretchly app on your Windows PC.

◆ Select the Open button after the Stretchly installation has completed.

◆ On the Welcome to Stretchly screen, select your language and select the Open Preferences button.

◆ On the Stretchly Preferences **Settings** screen:

◉ Select the "Window" radio button.

- ☑ Select the "Show exercise tips during breaks" checkbox.
- ☑ Select the "Show breaks on all monitors" checkbox.
- ☑ Select the "Monitor system idle time (breaks are paused if system is idle)" checkbox.
- ☐ Unselect the "Show breaks even in Do Not Disturb mode" checkbox.
- ◆ On the Stretchly Preferences **Schedule** screen:
  - ☑ Select the "Enable Mini breaks" checkbox.
    - ➡ Use the "Break for" slider to select the amount of time a mini break will last.
    - ➡ Use the "Every" slider to select how often a mini break will occur.
    - ☑ Select the "Show notification before Mini break starts" checkbox.
    - ☑ Select the "Enable postponement for Mini break" checkbox..
  - ☑ Select the "Enable Long breaks" checkbox.
    - ➡ Use the "Break for" slider to select the amount of time a long break will last.
    - ➡ Use the "Every" slider to select how often a long break will occur.
    - ☑ Select the "Show notification before Long break starts" checkbox.
    - ☑ Select the "Enable postponement for Long break" checkbox.
  - ☐ Unselect the "Enable Strict mode for Mini breaks" checkbox.
  - ☐ Unselect the "Enable Strict mode for Long breaks" checkbox.
- ◆ On the Stretchly Preferences **Theme** screen:
  - ☑ Select the Appearance Theme that works best for you.
  - ☐ Unselect the "Enable transparency" checkbox.
  - ☑ Select "Enable sounds" if you prefer a sound effect when the mini break or long break ends.
  - ◉ If "Enable sounds" is selected, select the sound effect that works for you.
  - ■ Leave the Menubar (Tray) set to Default
  - ◉ Select the "Colour" radio button.
- ◆ Close the Stretchly Preferences screen.
- ◆ To access the Stretchly Menu, click the Stretchly icon in the System Tray hidden icons area where you can:
  - ▷ Skip to the next:
    - ▷ Mini break
    - ▷ Long break
  - ▷ Pause breaks
  - ▷ Reset breaks
  - ▷ Access the Preferences screen
  - ▷ Quit Stretchly