

# 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.
    - Select the Menubar (Tray) drop-down to select:
      - ➔ Default (displays Stretchly icon and shows time to next mini-break and long-break when hovering over the icon)
      - ➔ Time to break (displays minutes to next mini-break)
      - ➔ Progress to break (displays Stretchly icon and shows time to next mini-break and long-break when hovering over the icon)
    - Select the “Colour” or “Monochrome radio button (depending on your preference)
- ◆ 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.
  - Select the Menubar (Tray) drop-down to select:
    - ➔ Default (displays Stretchly icon and shows time to next mini-break and long-break when hovering over the icon)
    - ➔ Time to break (displays minutes to next mini-break)
    - ➔ Progress to break (displays Stretchly icon and shows time to next mini-break and long-break when hovering over the icon)
  - Select the “Colour” or “Monochrome” radio button (depending on your preference)
- ◆ 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