DOWNLOAD Python 3.8- <https://www.python.org/downloads/>

INSTALL Python

DOWNLOAD images pos1.png - pos5.png and break.png

SAVE images in new folder

OPEN Idle (Python IDE)

CLICK File->New File

COPY and PASTE following code into :

try:

import tkinter as tk

except:

import Tkinter as tk

import time

import sys

#from AppKit import NSScreen

imgs = ["/Users/scottlaughlin/Documents/20-20-20-timer/imgs/pos"+str(i+1)+".png" for i in range(5)]

files = '/Users/scottlaughlin/Documents/20-20-20-timer/imgs/break.png'

def countdown(time):

if time == -2:

quit

root.destroy()

return

else:

if time == -1:

image.configure(file=files)

label.configure(text="BOOM")

else:

labelImage = tk.Label(image=image)

image.configure(file=imgs[time%len(imgs)])

label.configure(text="time remaining: %d seconds" % int(time/2))

root.after(500, countdown, time-1)

width = 1080 #NSScreen.mainScreen().frame().size.width

height = 720 #NSScreen.mainScreen().frame().size.height

boxWidth = 840

boxHeight = 520

time.sleep(1)

root = tk.Tk()

#root.overrideredirect(1)

image = tk.PhotoImage(file=imgs[0])

labelImage = tk.Label(image=image)

label = tk.Label(root, width=30)

root.geometry("%dx%d+%d+%d"% (boxWidth,boxHeight,300,200) )

#root.geometry("840x520")

#button = tk.Button(root, text = 'root quit', command=root.destroy)

#button.pack()

label.pack(padx=20, pady=20)

labelImage.pack()

countdown(40)

root.mainloop()

CHANGE highlighted path to where images are stored in the python code

SAVE File as 20-20-20-timer.py in same folder as images

OPEN Idle (Python IDE)

CLICK File->New File

COPY and PASTE following code:

#!/bin/bash

/Library/Frameworks/Python.framework/Versions/3.8/bin/python3 /Users/scottlaughlin/Documents/20-20-20-timer/20-20-20-timer.py

CHANGE highlighted path to where the python code is saved

SAVE File as run.sh in the same folder as the python code (Click the All Files (\*) options)

OPEN Terminal

TYPE cd /

The previous command send you to the root directory

TYPE cd /Users/scottlaughlin/Documents/20-20-20-timer/

REPLACE highlighted text with the path to the run.sh file

TYPE chmod +x run.sh

GIVE Permission

TYPE crontab -e

PRESS i

TYPE \*/20 \* \* \* \* /Users/scottlaughlin/Documents/20-20-20-timer/run.sh

CHANGE the path to where the .sh file is located.

PRESS esc

TYPE :wq

PRESS Enter

Now every 20 minutes you will get reminded to look away