**AllWorkNoPlay – Instructions to run code**

AllWorkNoPlay.py deals with hosts file which is a private file and therefore, user will have to change the administrative rights and preference for this program to read and write into that file.

To change the administrative rights, follow the steps below:

1. C:\windows\system32\drivers\etc\hosts
2. Right click on hosts file, go to properties.
3. In the security tab, give full control to user.

OR YOU CAN RUN COMMAND PROMPT AS ADMINISTRATOR, FOLLOW THE STEPS BELOW.

Add the time frame and websites in the distraction variable.

I prefer running this code in the command prompt by following the steps below:

1. Open cmd\_prompt
2. “drive where .py file saved”:\> cd “name of folder where .py file is”
3. “drive where .py file saved”:\ “name of folder where .py file is”>python “name of python file”.py

If the time right now is not in time frame,

Command prompt will display “Back in Action!!”

If the time right now is in the added timeframe,

Command prompt will display “Working Hours:” and the user will not be able to access the websites he/she added in the distractions variable.

Do not close command prompt, otherwise this will lead to permanent change in hosts file. Instead, change timeframe in the code and run that again in command prompt. After that, copy the steps 1, 2, 3 mentioned above and then close the command prompt.