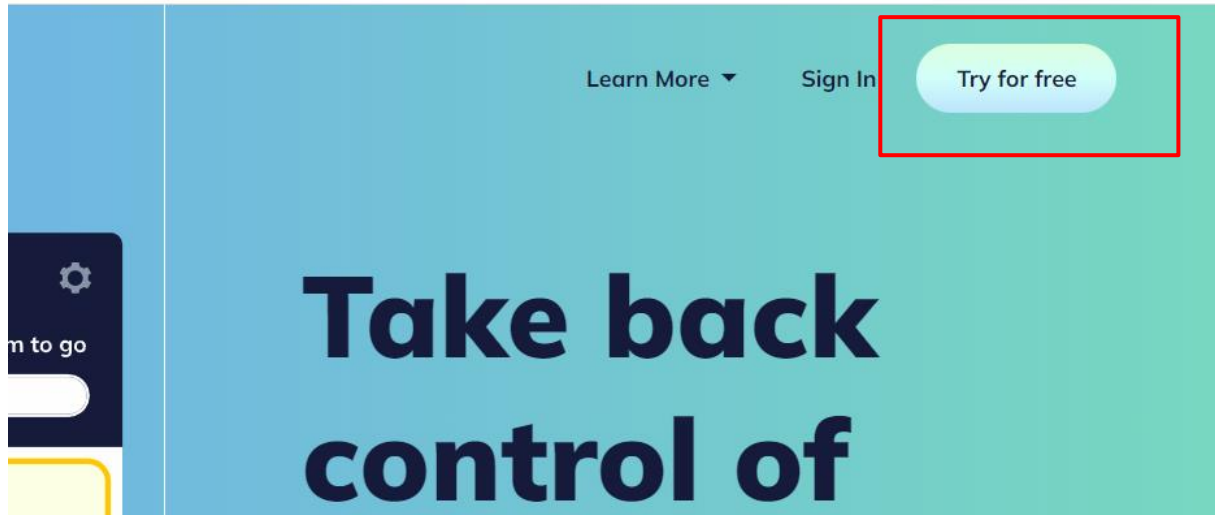


RescueTime Installation:

- Visit: <https://www.rescuetime.com/>
- Click “Try for free”



- Choose the New RescueTime

Welcome! If you are returning to RescueTime from other websites or social media, big changes.

RescueTime now provides two ways to take control of your time. For a new RescueTime. For more granular details and analytics, try RescueTime.



- Create Account:

Thank you! It's good to meet you.

Name

Enter your name

Email address

Enter email address

Password

Create a password

☐ I agree to the [Terms of Service](#) and [Privacy Policy](#)

This site is protected by reCAPTCHA and the Google [Privacy Policy](#) and [Terms of Service](#) apply.

Enter

- Click *“Is there a free option?”* and *“Continue with unpaid”*

RescueTime is free for your first two weeks

After that, you will be billed for the plan you choose below. You will not be billed if you cancel your subscription before the 2 week trial is over.

Choose a plan:

☒ 12-month price - \$6.50/mo Save 46% \$78.00 billed yearly

☐ 1-month price - \$12.00/mo

Enter your billing information:

Country

Germany

Card Number

**** * 0000 0000

Expires

mm/yy

CVV

123

Postal Code

11111

Or pay with

PayPal

This site is protected by reCAPTCHA and the Google [Privacy Policy](#) and [Terms of Service](#) apply.

Here's

◆ The RescueTime

Focus-coach
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◆ Personalized

Actively bu
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◆ Advanced reports

Productivity
Unlimited h

◆ Distraction

We'll notify
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Is there a free option?

- Download the Windows or Mac application. If you are using MacOS, see also *"MacOS_RescueTime_Instructions.pdf"*
 - Make sure RescueTime starts with your system. (Windows: Task-Manager -> Autostart von Apps")
 - Click next
-
- RescueTime is now set up. To extract your data, you must create an API key (See Exercise 4). For that, visit <https://www.rescuetime.com/anapi/manage>
 - Insert a Reference Label (e.g., IWB) and click "Activate this key"

Create a new API key

You may activate any number of keys to use for pulling RescueTime data into your application. Your key can be shared or kept private. [Read more on API security](#) for safe use details.

API KEY INFORMATION

Reference label

Provide a helpfully descriptive label for your access key.

Allow queries from: [optional]

This restricts access for this key to requests coming from this list. It can be IP/mask, hostname or domain name. (examples: 123.321.456.0, domain.com)

Activate this key ▶

A note on using API keys with third parties:

If you're generating this API key for use with a third party service, please be aware that this will give that service read-only access to your logged time. Please only do this with services you trust. You can always revoke access to an API

You will receive your API key now. You can also access your key at any time by visiting <https://www.rescuetime.com/anapi/manage> again.

API Key Management

[Overview](#) [API Key Management](#) [API Documentation](#)

You have created 2 API keys

Key Name	Key Code	Created	Actions
Apidata: IWB	krSs	2023-05-04 13:28:17	disable delete

Create a new API key

By clicking on your key name, your will see your API key:

[Overview](#) [API Key Management](#) [API Documentation](#)

You have created 2 API keys

Key Name	Key Code	Created
Apidata: IWB <ul style="list-style-type: none">Active: yesFull key: B63rSsj0VFamQobGsSzvDy_PmR9FztMqSyyfZRayData API: allowedAdjustable data parameters: allowedNetwork Access Rules (if unset: unrestricted)<div></div><div>Enter a list of domains that can request data using this key. Can be IP/mask, hostname or domain name. (examples: 123.321.456.0/24, domain.com)</div><div>save access rules ▶</div>	krSs	2023-05-04 13:28:17