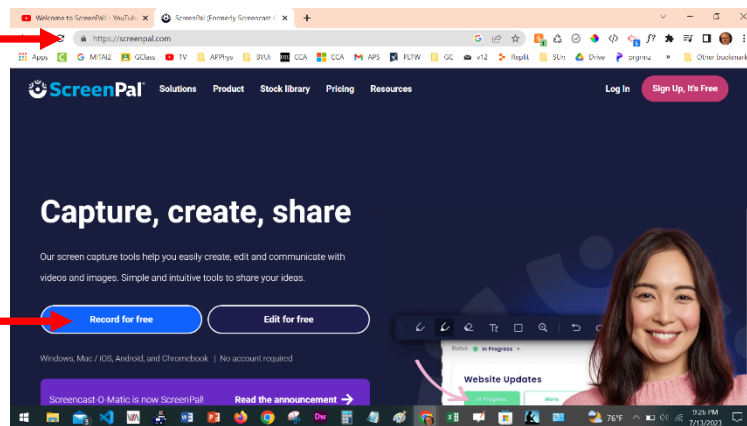


1. Go to screenpal.com

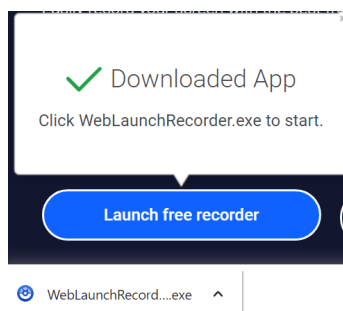


2. Click record for free

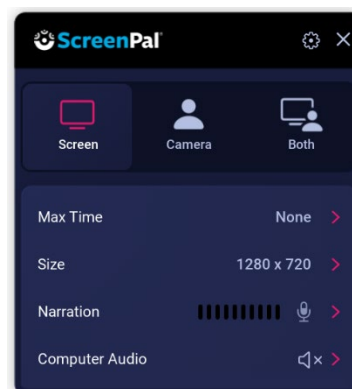
3. Click Launch Free Recorder



The first time you will be prompted to download and install the software



4. This is your control panel:



This hides/shows the control panel

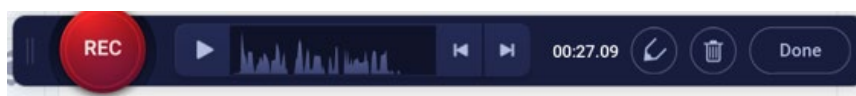
5. This starts the screen recording



6. Pause



7. click DONE



8. Here is how you save it

