

HELP FOR 20 MINUTES TIMER

PURPOSE: The 20 Minutes Timer is used to send a notification every 20 minutes.

When to Use the 20 Minutes Timer

Use this screen when you want to notify yourself every 20 minutes.

Why would you want to do that?

Because your joints stiffen up if you sit too long and you want to remind yourself to stand up and move around a little.

How to Use the 20 Minutes Timer

Tap Start to start the Timer – That's all you do. Now you will receive a notification every 20 minutes for whatever length of time, up to 10 hours, that you selected on the Options Page.

Tap Stop to stop the Timer – This will un-schedule and Stop all future notifications.

The first (top) digital clock shows a count up to 20 minutes starting at zero.
The next (bottom) digital clock shows a count down to zero minutes starting at twenty.
The Red Progress Bar under each clock shows the percentage remaining – up and down.

The Time of Day for both Start and Stop are shown under the buttons.
The Current Time is shown at the bottom of the screen.

Tap Back to return to the Main Menu

NOTE: Please make sure you use the Settings App to allow Notifications or you will not receive a Notification.

Options

Number of Times to Repeat

Select the number of 20 Minute notifications to receive. The maximum number is 30, this will give you a notification every 20 minutes for 10 hours.

Using the slider to select the number of repeats might be easier for you than typing the number.

20 Minutes Timer Screenshot


No Service 

1:52 PM

 100% 

20 Minutes Timer

00 : 00 : 14



00 : 19 : 46



6 Repeats Remain

Start

Stop

2017/07/10 13:51:53

2017/07/10 14:11:53

Back

Options

2017/07/10 13:52:08