

Run AppleScript

```
on run {input, parameters}

    delay (60 * 15)

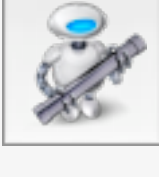
    return input
end run
```

Results

Options

Description

Ask for Confirmation



Start your day

Cancel

OK

Run AppleScript

```
on run {input, parameters}

    delay (60 * 45)

    return input
end run
```

Results

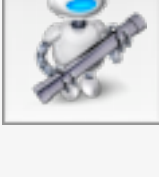
Options

Description

Set Computer Volume

Run AppleScript (beep)

Ask for Confirmation



Go take a shower

Cancel

OK

Run AppleScript

```
on run {input, parameters}

    delay (60 * 5)

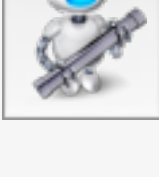
    return input
end run
```

Results

Options

Description

Ask for Confirmation

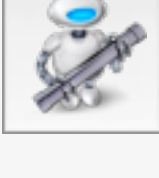


Put in contact lenses

Cancel

OK

Ask for Confirmation

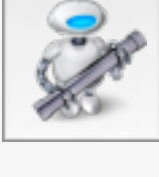


Floss your teeth

Cancel

OK

Ask for Confirmation



Plan your schedule for today

Cancel

OK

Ask for Confirmation



Great Job!

You did it!

=D

Cancel

OK