

▼ **Pause**

for seconds

Results Options Description

▶ **Set Computer Volume**

▶ **Run AppleScript (beep)**

▼ **Ask for Confirmation**



Go shower

If you like this app, please let me know. Send an email to breakneckridge@gmail.com

Have a nice day! =)

Cancel

OK

Results Options Description

▼ **Launch Application (Launch next countdown)**

 wake upper event B.app 

Results Options Description