



iFreeFace

iFreeFace helps you get things done!

[Register iFreeFace](#) | [iFreeFace for Individuals](#) | [iFreeFace for Parents](#) | [iFreeFace for Business](#)

Thanks for downloading iFreeFace! We've put together a list of questions and answers to get you started with using your application. To find the most up to date list at any time, please visit our website FAQ's at <http://www.ifreeface.com/faq>. You can also contact us at any time via our website, <http://www.ifreeface.com/contact> or via email at service@ifreeface.com. We've also got 24-7 Customer Support via a telephone helpline for registered users. Why not [register today](#) to get iFreeFace permanently?

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Introduction

Who is iFreeFace for?

iFreeFace is for anyone who wants to free their time for more fun, for parents who want more time with their kids, and for businesses that want to boost productivity without losing an open culture.

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What does iFreeFace do?

iFreeFace frees you from the computer by limiting time spent on specific websites and any computer application. It does this by way of daily limits or immediate blocks or a combination of both. You set your own distracting sites and applications and time limits.

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How does iFreeFace work?

First you set your most distracting websites, applications and games. Then you can apply a daily limit or block these at any time by pressing the Focus button. You also choose what iFreeFace should do when the time limit is reached (show you a reminder that you set, or close the sites, or even shutdown the computer). iFreeFace checks if the website or application you are currently looking at is on your list, and if it is, then it tracks it. When the time limit is reached, your choice of reminder or closing the application or shutting down the computer takes place. If you choose Focus mode then the application will block your specific websites or applications for a set time.

To boost your productivity, iFreeFace implements increases you make in your time limits only at 4am, so that you cannot make a last minute decision to spend more time on a distracting site. The same goes for removing a website or application from your list. This is implemented at 4am for the same reasons.

If you reduce your time limit, however, the lower time limit is activated right away. That's because it means you're spending less time online and freeing up more of your time. The same happens when you add a website or application to your list.

Any changes you make to the action to be taken after the time limits have been reached will only take effect at 4am. This is so that, for example, if you set the application to block a distracting website and find it too compelling, you cannot change the block to a reminder.

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How much time will iFreeFace save me?

Surveys show that on average in the UK, 18-45 year olds spend 3-5 hours a day online. So by saving you just one hour a day, iFreeFace will save you 365 hours, or 15 days. This amounts to 2 weeks each year.

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What data does iFreeFace capture?

iFreeFace only captures your preferences as set in the application, and the data required to track the time spent on specific websites and applications that you list as being distracting. It does not store data about any other sites or applications apart from those on your list. If you remove websites or applications from your list, data about these websites and applications is removed the next morning or at next restart.

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Who sees my data? How does the application protect my personal data?

iFreeFace reflects total respect for personal privacy. Data is always kept on the computer on which it's installed, and only the person who is using the application has access to their data. This means not even parents or employers get can use iFreeFace for monitoring or viewing sites visited. Because your data is never sent on the internet, you can be assured of complete privacy.

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I'm worried about spyware. How can I be sure that the software is spyware-free?

iFreeFace is completely spyware free. It never sends out your data, and only you get to view your own data. You can double check this at any time by using the online spyware scanners provided by the following companies to scan your iFreeFace download.

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I know someone who could use this application! What should I do?

If you know someone who could use iFreeFace, you can tell them about iFreeFace with the [Tell a Friend button](#). In fact, if you have lots of friends whom you think may be interested in iFreeFace, then you could get your registration free by sharing the application when you [download it now](#).

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How do I uninstall the application?

iFreeFace can be uninstalled like any other Windows application. We also provide a dedicated uninstall link in your Windows start menu.

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What Customer Support do you provide?

We pride ourselves on being useful to you, so [contact us](#) with any queries you may have via email if you've not yet registered your application. We'll get back to you within 24 hours, often much sooner. For registered customers, we provide a dedicated 24 hour telephone support line that we send to you when you [register your application today](#).

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What's the difference between iFreeFace for Individuals, iFreeFace for Parents and iFreeFace for Businesses? What are the similarities?

iFreeFace for Individuals:

is for people who want a personal online time management tool
Can only be installed on one computer
Individuals are in full control of application settings
Any time limit changes on websites/applications take effect the next day.

iFreeFace for Parents:

Is for parents who want their kids to spend less time online/ networking online/playing computer games and learn time management skills
Can be installed on multiple profiles on the same computer
Permissions to set which sites and applications should be time-limited are given to parents.
Parents can allow kids to change settings.
Parents cannot see which sites their kids are visiting, nor can they view any of their child's data.
Parents can set the application to limit time spent on specific sites and games, or all of the internet.
Parents can also set reminders and/or block the website/application and/or shutdown the computer once the time limit is reached.

iFreeFace for Business:

Is for businesses that want to reduce productivity costs of social networking without impacting an open company culture
Can be installed automatically across a network
Has a license for use with up to 10 computers.
IT Admin can set permissions or delegate these to users.
IT Admin cannot use the application to determine which sites a user is visiting
It only allows the setting of time limits on certain sites and applications or all of the internet.

All versions:

Data is only available to the person using the application. There is no ability for others to monitor or spy, and no data is ever sent from the computer on which the application is installed.
iFreeFace application data is fully transparent to end users: all websites and applications that are time-limited are shown in the application to end users.
All timers, actions upon the time-limit being reached (reminders/block/ shutdown) are fully visible to the users at all times.
iFreeFace comes as an attractive docking sidebar for your desktop with customisable background, a selection of beautiful landscapes, and a fully customisable transparency effect.
Users can set reminders for the morning, afternoon and evening. The reminders are shown when the time limits for browsing/gaming are reached. The application can optionally shut down the browser/application

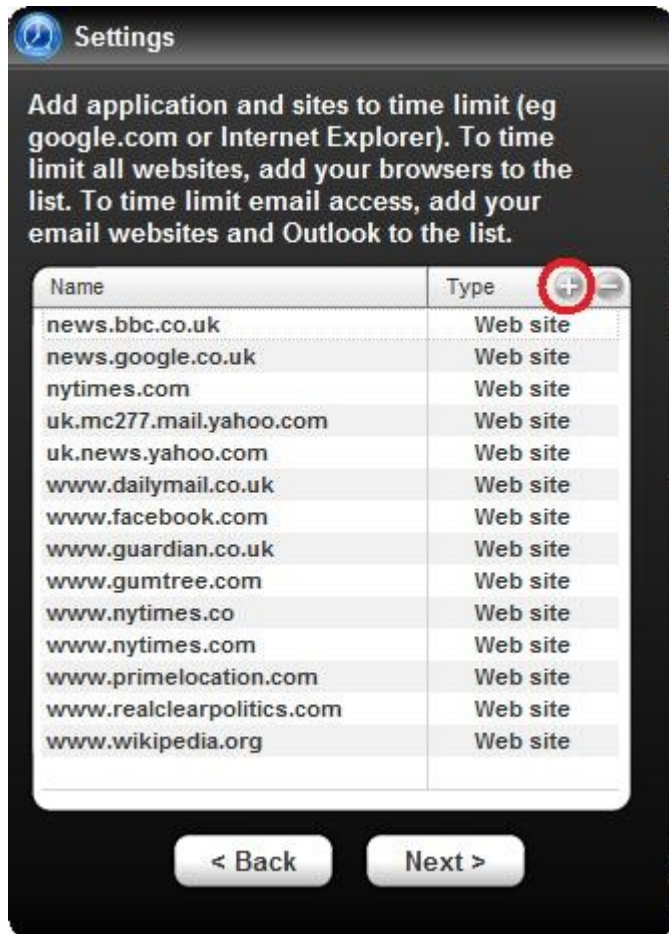
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Using iFreeFace

How do I set daily limits on websites and applications?

You can set daily limits on websites and applications either using the setup wizard or by clicking Settings in the main menu. Click "+" at the second step to bring up the wizard for setting sites and

applications. After setting your sites and applications, you will be able to set daily limits on the last screen.

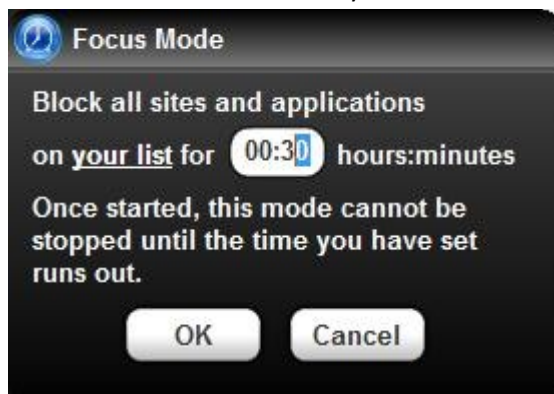


Adding sites and applications to your time limit list

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How do I block access to email in order to focus for a while?

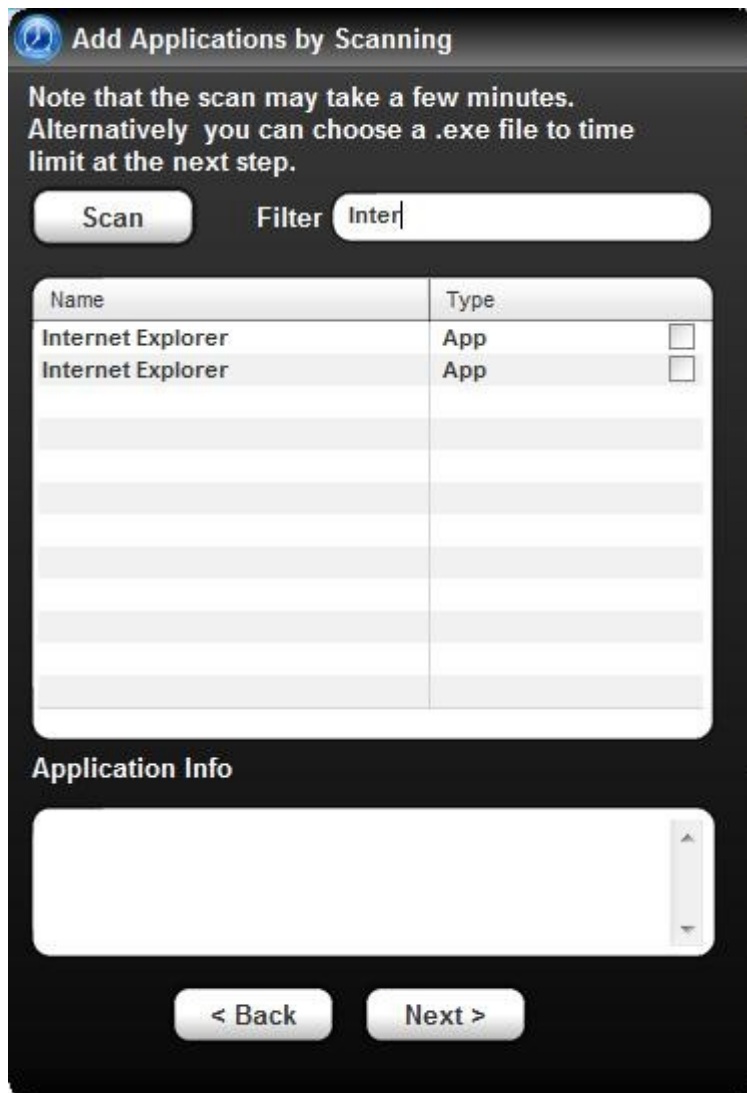
To block access to email at any time, press the Focus button, and add your email client eg Outlook Express to your list of applications, or add your webmail client such as Yahoo Mail to your list of websites. Choose the time you would like to focus for.



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How do I limit access to all websites?

Choose Settings in the application menu, then scan and choose your browser eg Internet Explorer, from the list of installed applications.



Setting time limits on all websites

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What does the Focus button do?

The Focus button enables you to block websites and applications on your list at any time. This is really useful for getting a task done without distractions.

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How do I customise the look of my application? How do I change the background image or text colour?

You can change the Background Image/Colour, Text and Transparency of the application at any time using the main menu. This is also the first option when you install the application. You can choose any image as a background. The application takes the top left corner of your image as the top left corner of the background, so if you want to get a large image then you can resize it to meet the dimensions of the application, which are width 334px, height 295px in Lite mode, and width 334px, height 800px in all other display modes. You can also choose to make the application partially transparent.

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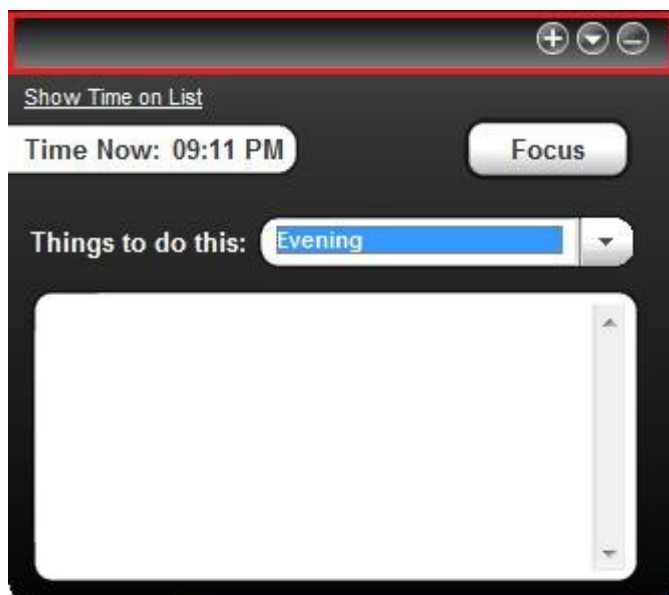
What's the quickest way to show/minimize the application?

You can show or hide the application at any time by pressing Alt twice.

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How do I move the application around my desktop?

Select any part of the top bar of the application (highlighted below in red) and drag it to any corner of your desktop.



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How do I make the application transparent?

The application can be made transparent by choosing Background then Transparency from the main menu, and selecting the desired level of transparency.

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What's the Autohide feature?

Use the Autohide feature to make the application slide away when it's not in use. To bring it back onto the screen, simply place the cursor at the edge of the screen where the application disappeared.

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What's the all day reminders view?

You can see all your reminders for the day when you select the All Day reminders view. This means the application becomes a handy To Do list for your whole day.

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What are the different views I can get when using the application?

Minimized - the application is just an icon in the taskbar

Lite (default) – shows reminders for the current time of the day

All – displays reminders and time spent on your list of websites and applications, and actions to be taken when time is reached

Reminders – you get to see everything that's on your to-do list for the day

Usage – shows time spent on your list of sites and applications over since 4am (Today), the last 24 hours, 7 days, 14 days, 21 days, 30 days, 90 days.

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How can I track my productivity and time spent on my list of applications/websites?

Choose the + button from the top menu and select the 'Usage' view. This shows time spent on your list of sites and applications over since 4am (Today), the last 24 hours, 7 days, 14 days, 21 days, 30 days, 90 days.

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What's the difference between the trial versions and the full versions?

The trial versions are fully working. But you get daily reminders about registration and the application stops working after 3 days.

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I've changed my settings but they don't seem to have taken place yet. Why is this?

To boost your productivity, iFreeFace implements increases you make in your time limits only at 4am, so that you cannot make a last minute decision to spend more time on a distracting site.

If you reduce your time limit, however, the lower time limit is activated right away. That's because it means you're spending less time online and freeing up more of your time.

Any changes you make to the action to be taken after the time limits have been reached will only take effect at 4am. This is so that, for example, if you set the application to block a distracting website and find it too compelling, you cannot change the block to a reminder.

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Why does the application close the entire browser instead of the specific tab? How can I keep browsing?

When the time limit is reached on a website on your list, your browser will automatically be closed, giving you the option to close all tabs. At this point you should close the tab for the website that's on your list and click "Cancel" on the "Close All Tabs" pop-up.

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Registering iFreeFace

How long does registration for iFreeFace last?

At the moment, iFreeFace registration lasts for as long as you want to use it! Each registration is specific to a computer, so if you want to [register iFreeFace today](#) on a different computer then you will need another registration code. When you [register](#) the Parents version, you get 3 registration codes. When you [register](#) the Business version you get 10 registration codes.

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How do I register iFreeFace?

Use the register link in the main menu of the application or visit <http://www.ifreeface.com/register>.

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How do I get iFreeFace for free?

You can get iFreeFace by sharing it with at least 60 people. You can [register](#) for a unique link to share with colleagues, classmates, friends and family. When 60 people have clicked on the link you will be automatically sent a registration code for your application.

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How do I track how many people have shared my application?

You can track how many times your link has been shared when you come back to the site and [sign in](#).

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What do I get by registering iFreeFace?

When you register iFreeFace you get to save up to 2 weeks more to have fun each year.

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I've lost my application password. What should I do?

You can store your application password online in [your account](#). If you haven't stored your password online then you'll have to uninstall and reinstall the application. You can retrieve your registration code from [your account](#) on the iFreeFace website. If you've lost your account password, simply click 'Forgot Password?' on the [login page](#). Your password will be emailed to you after you've entered your email address.

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How much does registration cost?

The cost of registration depends on whether you join our Facebook group or share the application. You can get the registration for free if you share with 60 people or more, or you can get a discount of \$7.50 by joining [our Facebook group](#).

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I've had a problem registering iFreeFace – what should I do?

[Contact us](#). A real person will get back to you in less than 24 hours.

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How do I register iFreeFace on another computer?

Registration for iFreeFace for Individuals is for 1 computer, iFreeFace for Parents is for 3 computers, and iFreeFace for Business is for 10 computers. If you have a registration for another computer, you can either [get another registration](#) for Individuals or contact us for a custom solution.

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