Stand Up! The Work Break Timer
Review Guide

Platform: iPhone (iOS 7 required)

Price: Free (one IAP to unlock sound bundle)
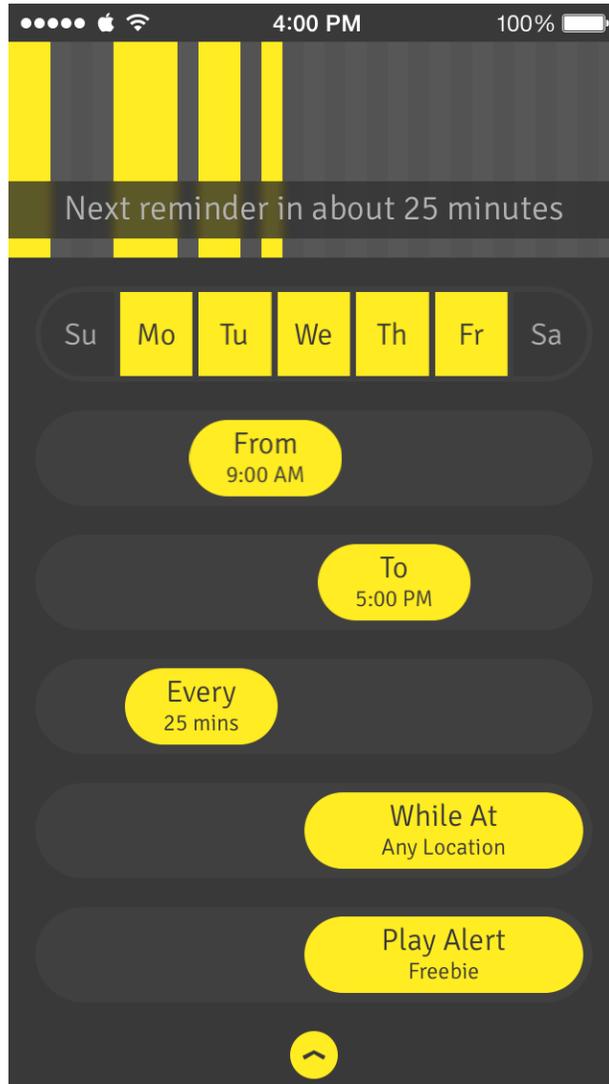
Website: http://www.raisedsquare.com/standup/

App Store: https://itunes.apple.com/us/app/stand-up!-the-work-break-timer/id828244687?ls=1&mt=8

Contact

Raised Square LLC
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Stand Up! reminds you to take work breaks. It features flexible scheduling options that fit any workday, and a variety of alarm sounds of varying intensity. It also includes a geofence option that limits reminders to your workplace (i.e. no reminders when you go out to lunch). The scheduling options are all contained on the main screen:

The graph shows at a glance how often you took a break, and when your next break is scheduled.

●●●●● 🍎 📶   4:00 PM   100% ▭

Next reminder in about 25 minutes

| Su | Mo | Tu | We | Th | Fr | Sa |

From
9:00 AM

To
5:00 PM

Every
25 mins

Set your schedule by picking which days you work, the beginning and end of your workday, and how often you'd like to receive reminders. The **From**, **To**, and **Every** controls are custom sliders.

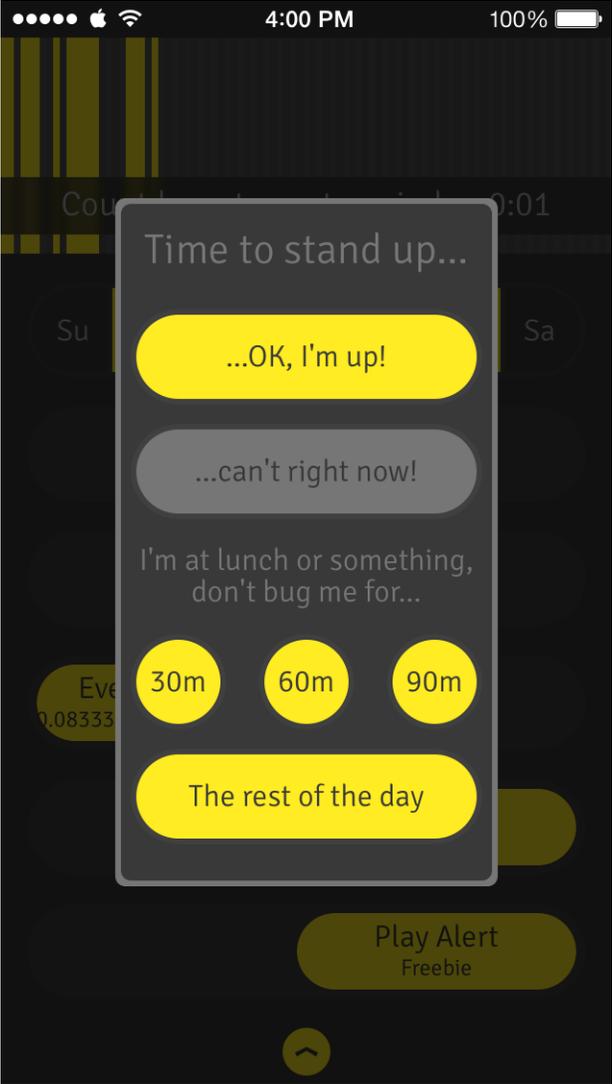Limit alerts to your current location

While At
Any Location

Additional settings in the "basement" (disable sound, change theme, feedback)

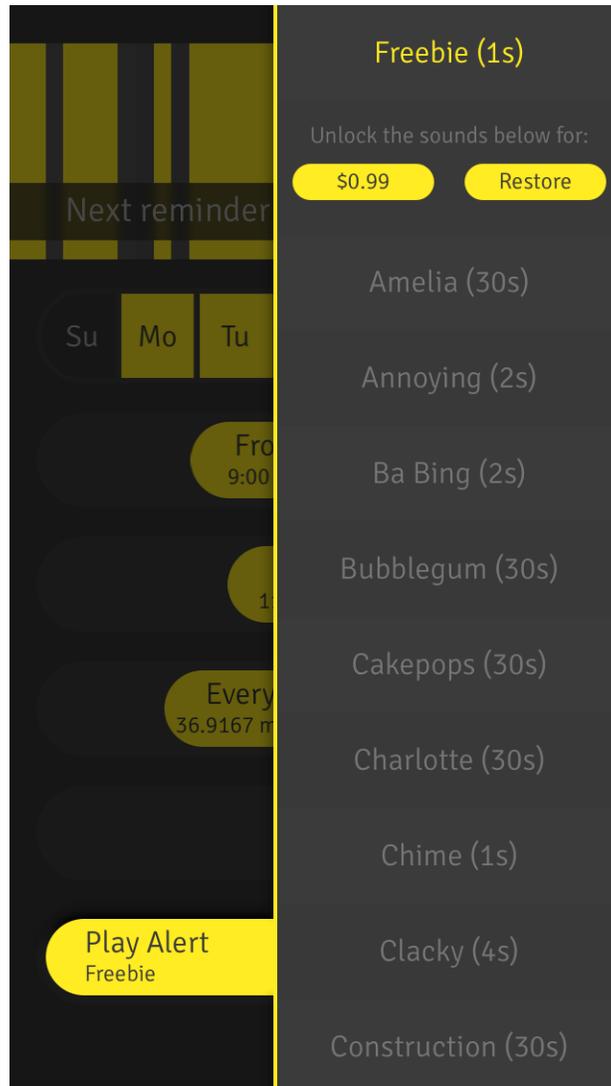**Play Alert**
Freebie

Choose from a variety of alerts

⌃

When you limit alerts to your current location, the slider indicates the location of that geofence (when you are outside the geofence, alerts are suspended):

While At
Old Post Rd

When an alert appears, you can choose to acknowledge it (thereby colorizing the graph on the main screen), or you may postpone it as you see fit:

Stand Up! is free and fully functional, and comes with one basic alert ("Freebie"). One IAP unlocks the other 23 alerts.

Freebie (1s)

Unlock the sounds below for:

$0.99   Restore

IAP buttons for buying (or restoring) all the alerts below.

Next reminder

Su   Mo   Tu

Fro
9:00

1

Every
36.9167 m

Amelia (30s)

Annoying (2s)

Ba Bing (2s)

Bubblegum (30s)

Cakepops (30s)

Charlotte (30s)

Chime (1s)

Clacky (4s)

Construction (30s)

The alert slider becomes a tab that shows you the currently selected alert

Play Alert
Freebie

Finally, the "basement" contains options for disabling UI sounds, rating the app, emailing us, and visiting the Raised Square website. Additionally, the basement contains a theme picker: