



USER MANUAL

Version 11.7



FocusGuard Pro

User Manual

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1. Introduction

FocusGuard Pro is a premier productivity suite designed specifically for the Windows environment. It combines the rigorous discipline of an application blocker with the rhythmic workflow of the Pomodoro technique, all wrapped in a modern, aesthetic interface.

Core Capabilities

- **Focus Timer:** Customizable work/break intervals.
- **Distraction Shield:** Blocks specific applications during focus sessions.

- **Strict Mode:** aggressively terminates distractions for maximum discipline.
- **Analytics:** Visualizes productivity trends over time.
- **Ambient Audio:** Built-in soundscapes to induce flow states.

System Requirements

- **Operating System:** Windows 10 or Windows 11 (64-bit recommended).
- **Visual Effects:** “Transparency Effects” must be enabled in Windows Settings to utilize the Glass/Acrylic theme.

2. Installation & Setup

Installing FocusGuard Pro

1. Download the latest installer (FocusGuard_Pro_Setup_v11.7.exe) from the official repository.
2. Double-click the installer to launch.
3. **Note:** You may see a User Account Control (UAC) prompt asking for permission to install. Click **Yes**.
4. Follow the on-screen wizard to complete the installation.

First Launch

Once installed, launch **FocusGuard Pro** via the Desktop Shortcut or the Start Menu. * **No Admin Rights Needed:** Unlike previous versions, v11.7 runs without requiring Administrator privileges for

daily use. * **System Tray:** Upon launch, the application icon will appear in your System Tray (bottom right corner of the taskbar).

Updating

FocusGuard Pro includes an automatic update checker. * **Standard Update:** You will be prompted with a "Download" button. * **Critical Update:** If a security or stability fix is mandatory, the application will lock until the update is performed.

3. Interface Overview

The interface is divided into two main areas:

1. **Sidebar (Navigation):** Located on the left, this provides access to the five core modules: Dashboard, App Manager, Scheduler, Analytics, and Settings.
2. **Main View:** The dynamic content area that changes based on your selection.

Tip: You can access the "About" section by clicking the information button at the bottom of the Sidebar to view version details and developer contacts.

4. Using the Dashboard

The Dashboard is your command center for daily productivity.

Setting Intent

Before starting a timer, click on the input box that says “*What are you working on?*”. Typing a specific task (e.g., “Finish Q3 Report”) tags your session in the history logs, allowing for better tracking later.

The Focus Timer

- **Start Session:** Click the large primary button to begin. The timer will count down your “Focus Duration” (Default: 25 mins).
- **Break Mode:** Once the focus timer ends, the app switches to “Break Mode” (Default: 5 mins) to allow you to relax.
- **Reset:** Clicking **Reset** stops the current timer and clears the session progress.

Ambient Soundscapes

FocusGuard Pro features a built-in audio engine. 1. Locate the dropdown menu on the Dashboard. 2. Select a sound (e.g., *Rain in Jungle, Thunderstorm*). 3. **Custom Audio:** Select “*Browse Custom...*” to upload your own .mp3 or .wav file (e.g., Lo-Fi beats or White Noise).

Mini Mode

For a minimalist experience: 1. Click the **Compress/Expand icon** (arrows) at the top right of the Dashboard card. 2. The main window will hide, and a small, floating widget will appear. 3. This

widget stays on top of other windows, showing only the timer and a Pause button.

5. App Management (Blocking)

This module allows you to define which applications are considered distractions.

Creating Profiles

You can create different profiles for different contexts (e.g., "Deep Work" vs. "Light Study"). 1. Navigate to the **App Manager** tab. 2. Use the dropdown to select a profile or create a new one.

Blocking Apps

1. Ensure the app you want to block is currently running or installed on your PC.
2. Click **Refresh** to scan your system for active windows and shortcuts.
3. Type the name of the app in the **Search bar**.
4. Toggle the **Switch** to the **ON** position next to the app name.

Strict Mode

Configured in the Settings Tab.

- **Standard Mode (Default):** If you try to open a blocked app, FocusGuard will immediately minimize it to the taskbar.
- **Strict Mode (Aggressive):** If enabled, FocusGuard will **forcefully terminate (kill)** the process of any blocked app immediately. > **Warning:** Use Strict Mode with caution. Unsaved work in blocked applications (like Word or Notepad) will be lost instantly if you try to open them during a session.

6. Scheduler & Automation

The Scheduler allows FocusGuard Pro to run autonomously.

1. Navigate to the **Scheduler** tab.
2. **Time:** Set the specific time you want a session to start (e.g., 09:00).
3. **Profile:** Select which Blocking Profile should be active (e.g., "Deep Work").
4. Click **Add**.

Logic: When the system clock hits the scheduled time, if FocusGuard is running (even in the background), it will automatically trigger the selected profile and begin a focus session.

7. Analytics & History

Track your performance to improve habits.

KPI Cards

- **Today:** Total hours and minutes focused since midnight.
- **Streak:** Consecutive days you have logged a session.
- **Blocked:** Total number of times you attempted to access a distracted app and were stopped.

Charts

The **Past 7 Days** bar chart visualizes your daily consistency. Hover over a bar to see the exact hours focused.

Session Log

A chronological list of your completed sessions. It displays: * Date & Time. * Task Name (The intent you typed). * Duration.

8. Customization & Settings

Make FocusGuard Pro your own.

Visuals

- **Theme Mode:** Switch between **Ambient** (Translucent/Glass) and **Dark** (Opaque/Matte) modes.
- **Accent Color:** Choose from 6 neon presets (Indigo, Purple, Teal, Orange, Red, Pink).

- **Glass Effect:** Toggle the Windows Acrylic blur effect on/off.
- **Opacity:** Use the slider to control how transparent the window is.

Behavior

- **Run on Startup:** If enabled, FocusGuard Pro will launch silently to the system tray when you log in to Windows.
- **Focus/Break Duration:** Use the sliders to adjust your Pomodoro intervals (e.g., 50min Focus / 10min Break).

Data Management

All user data (Settings, History, Profiles) is stored locally for privacy at: C:\Users\[YourName]\AppData\Roaming\FocusGuardPro\

9. Troubleshooting

Q: The installer says “FocusGuard Pro.exe is in use”. * **A:** The app is likely running in the background. The v11.7 installer attempts to close it automatically. If it fails, check your System Tray (bottom right), right-click the FocusGuard shield icon, and select **Quit**.

Q: The “Glass” background effect isn’t working. * **A:** This relies on Windows DWM. Ensure you are on Windows 10/11 and have “Transparency Effects” enabled in your Windows Personalization settings.

Q: I lost my history after updating to v11.7. * **A:** Version 11.7 introduced a new storage location (AppData) to solve security permissions. Previous data stored in "Program Files" is deprecated. This was a necessary one-time reset to ensure future stability.

Q: How do I uninstall? * **A:** Go to Windows Settings > Apps > Installed Apps, find FocusGuard Pro, and click Uninstall. The uninstaller will also remove your configuration files from AppData.

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