Leech Block
Mozilla Firefox time management / productivity - web site blocker

Do you find you lose a lot of time online, distracted by Facebook, Twitter, news websites or online quiz sites?

Why not change from using Internet Explorer (IE) or Google Chrome as your browser to using Mozilla Firefox and use Leech Block to help manage your time?

LeechBlock is a Mozilla FireFox extension that allows you to limit your viewing of up to six sets of websites, blocked by different times and days for each set. It also keeps track of the total amount of time you have spent browsing the sites in each set.

Getting started with LeechBlock:

1. Install the Firefox web browser from

2. Search for Firefox add-ons

3. Install Leech Block and any updates for the add-on

4. Re-start Firefox (from the option given)

5. Right click to show and select Leech Block > options

6. The first tab allows you to select which site(s) you want to block. Click ‘Next’ to move to the second tab to set when you want to block the sites.
The third tab allows you to specify the URL and message that will come up when you try and access any blocked site(s)

To make sure you are not tempted to simply amend the Leech Block settings if you hit a blocked page, use the ‘Advanced’ tab and ensure the settings are appropriate:
Here is an example blocking both the BBC news front page and any pages within the bbc news site (using ** as any wildcard after the word ‘news’). Using ** covers the forward slash ‘/’ and any other web address endings. In this case it is blocked for 10 minutes between 11.30am and 11.40am.

Message displayed when site blocked

Selecting the Leech Block web link on the above page gives access to the help information. Do also look at the FAQ page http://www.proginosko.com/leechblock_faq.html