

## 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?

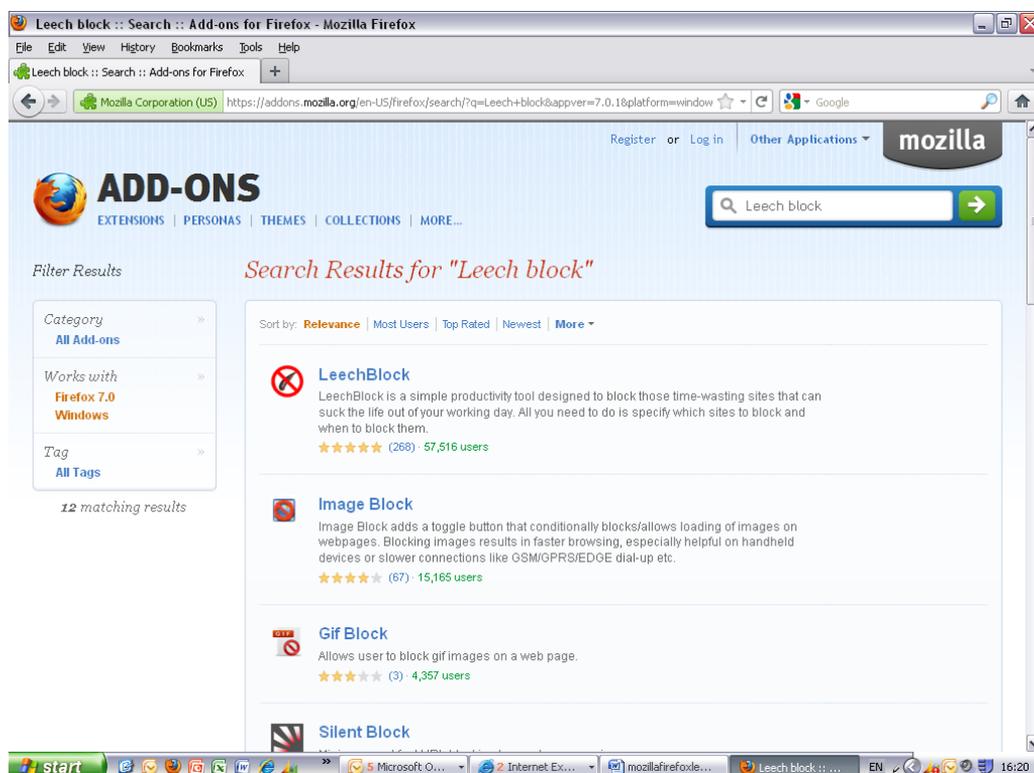
LeechBlock is a Mozilla FireFox extension that allows you to limit your viewing of up to six sets of websites, blocked by different times and days for each set. It also keeps track of the total amount of time you have spent browsing the sites in each set.

Getting started with LeechBlock:

1. Install the Firefox web browser from <http://www.mozilla.org/en-US/firefox/new/>

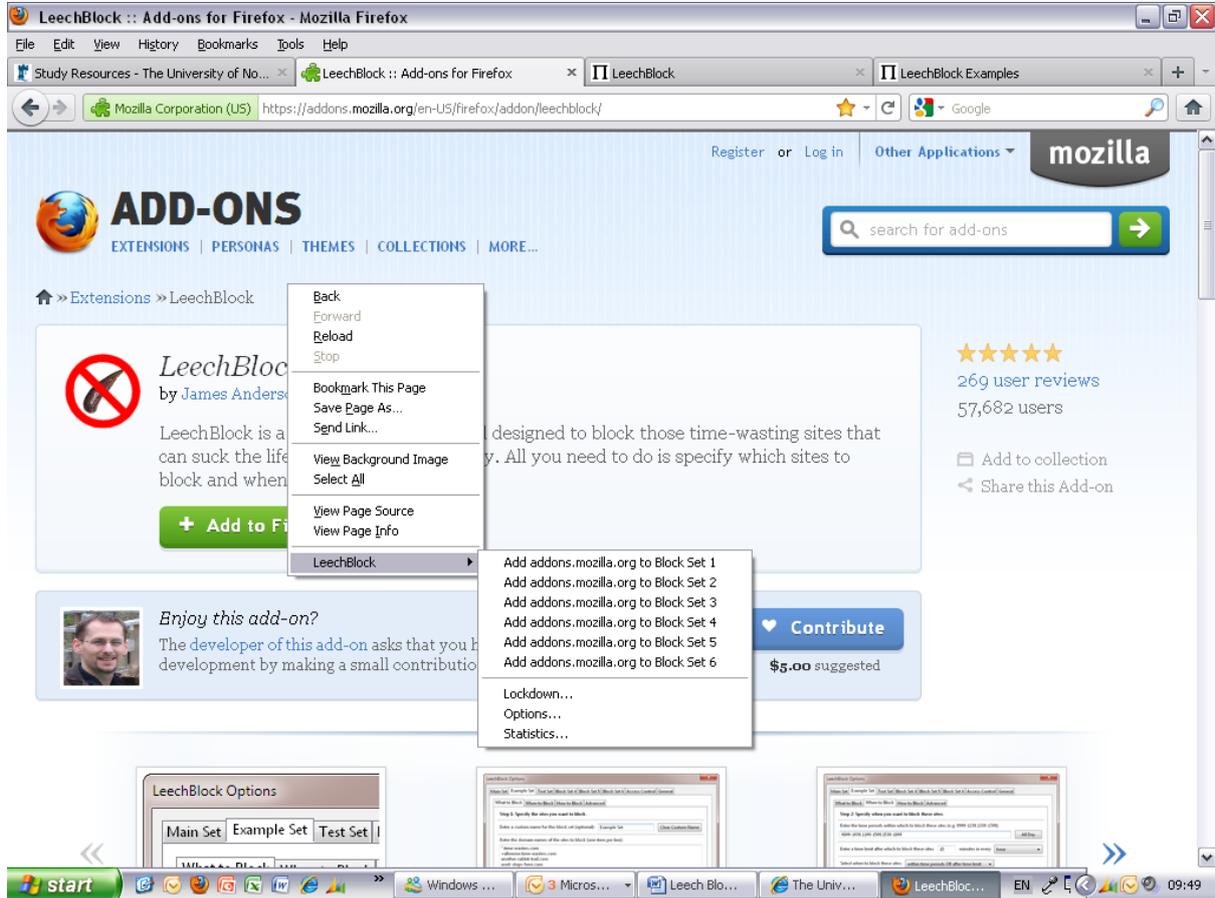
2. Search for Firefox add-ons

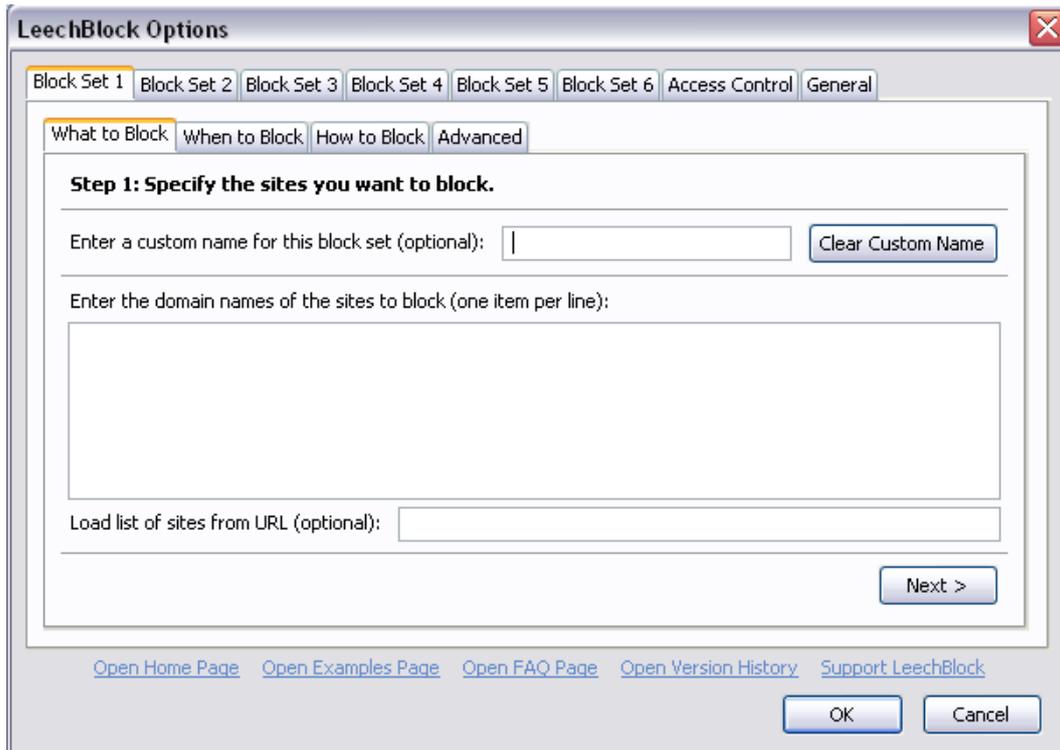
<https://addons.mozilla.org/en-US/firefox/>



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





**LeechBlock Options**

Block Set 1 | Block Set 2 | Block Set 3 | Block Set 4 | Block Set 5 | Block Set 6 | Access Control | General

What to Block | When to Block | How to Block | Advanced

**Step 1: Specify the sites you want to block.**

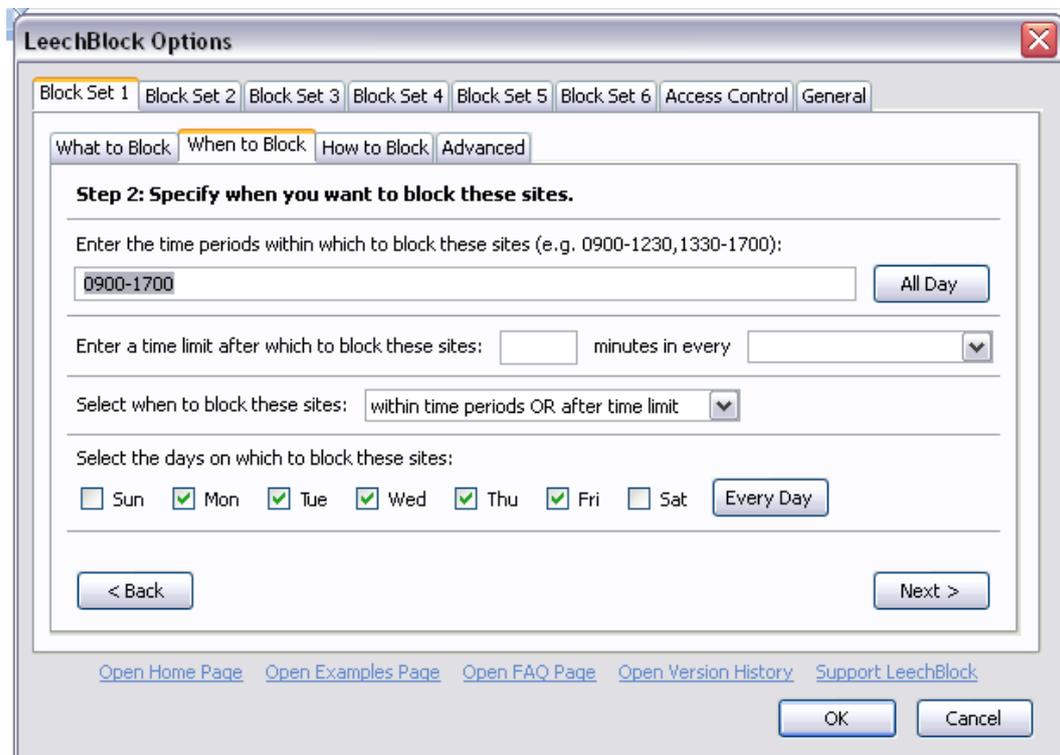
Enter a custom name for this block set (optional):

Enter the domain names of the sites to block (one item per line):

Load list of sites from URL (optional):

[Open Home Page](#) [Open Examples Page](#) [Open FAQ Page](#) [Open Version History](#) [Support LeechBlock](#)

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.



**LeechBlock Options**

Block Set 1 | Block Set 2 | Block Set 3 | Block Set 4 | Block Set 5 | Block Set 6 | Access Control | General

What to Block | When to Block | How to Block | Advanced

**Step 2: Specify when you want to block these sites.**

Enter the time periods within which to block these sites (e.g. 0900-1230,1330-1700):

Enter a time limit after which to block these sites:  minutes in every

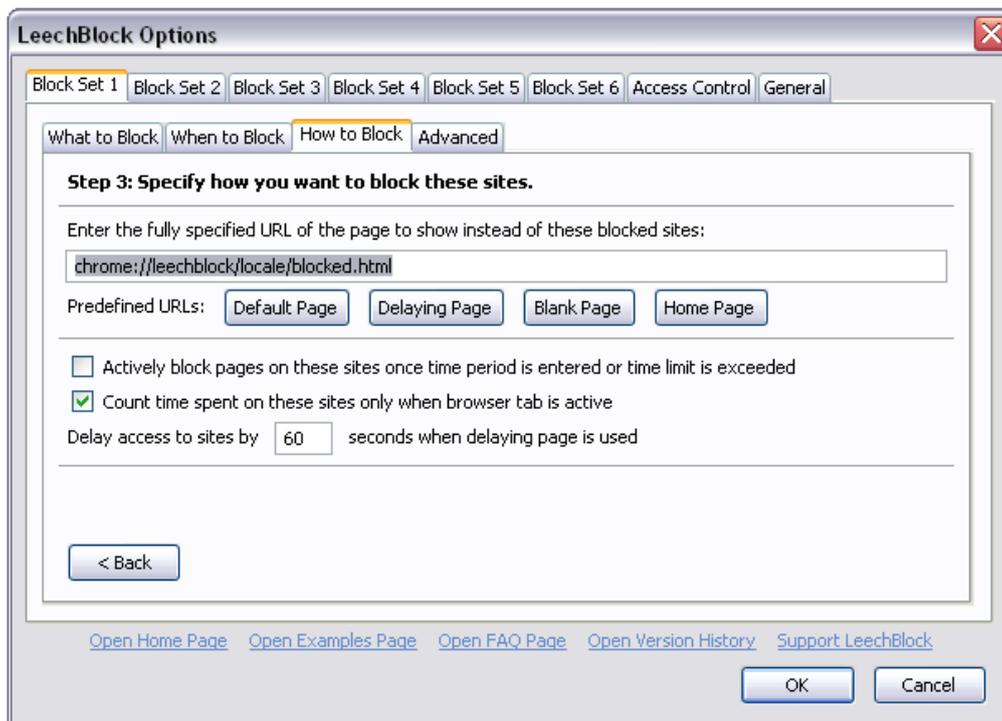
Select when to block these sites:

Select the days on which to block these sites:

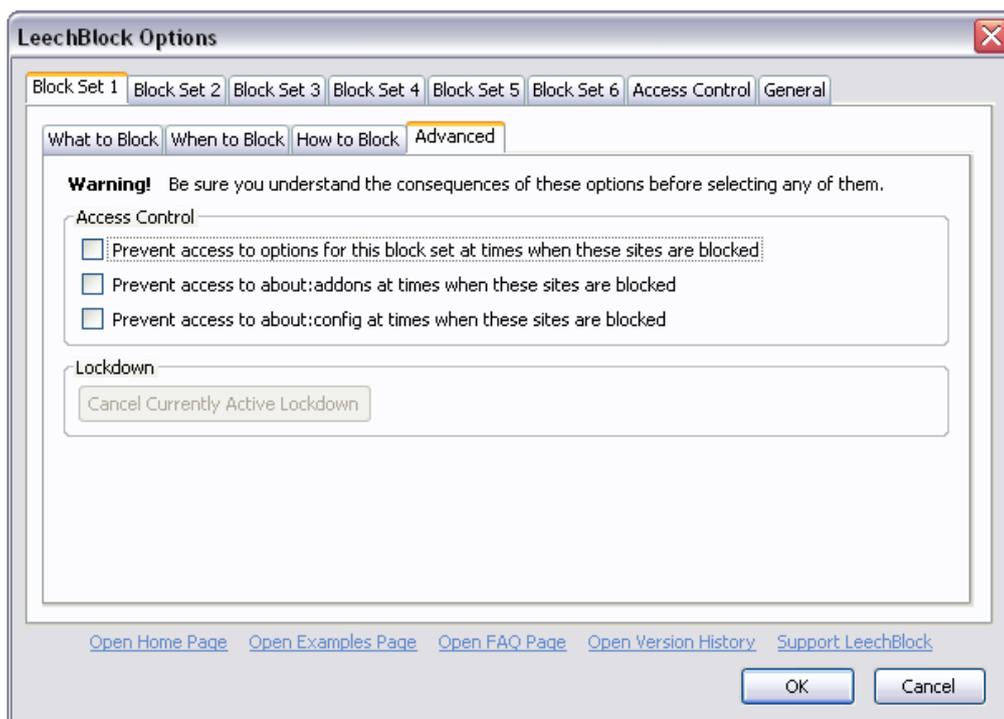
Sun  Mon  Tue  Wed  Thu  Fri  Sat

[Open Home Page](#) [Open Examples Page](#) [Open FAQ Page](#) [Open Version History](#) [Support LeechBlock](#)

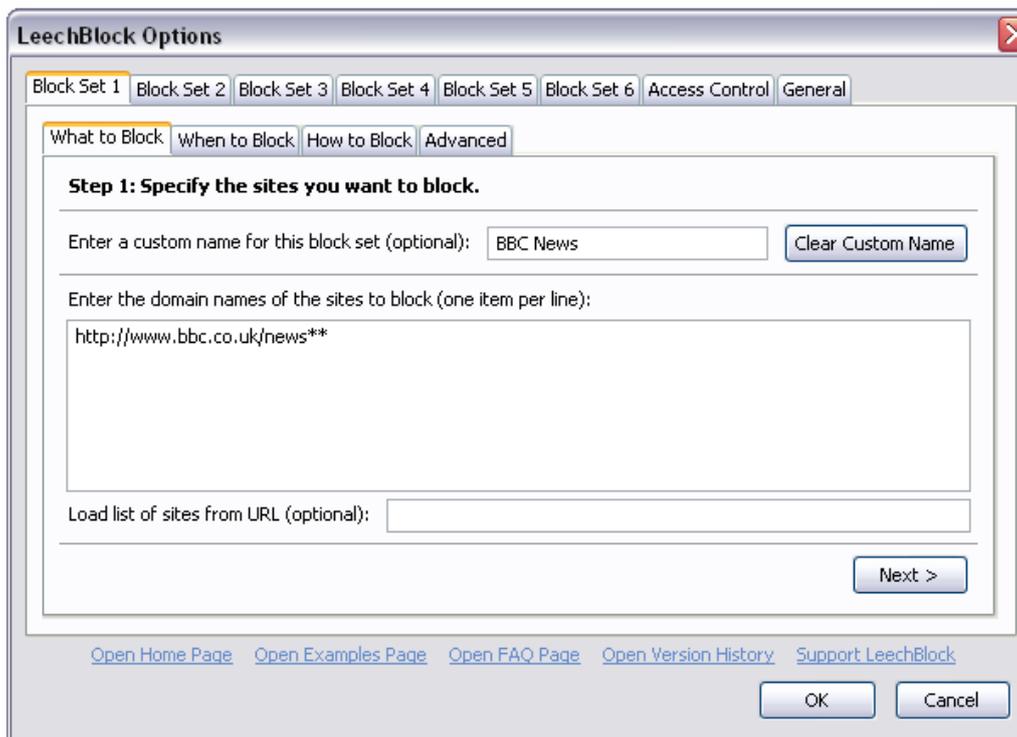
The third tab allows you to specify the URL and message that will come up when you try and access any blocked site(s)



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.



**LeechBlock Options**

Block Set 1 | Block Set 2 | Block Set 3 | Block Set 4 | Block Set 5 | Block Set 6 | Access Control | General

What to Block | When to Block | How to Block | Advanced

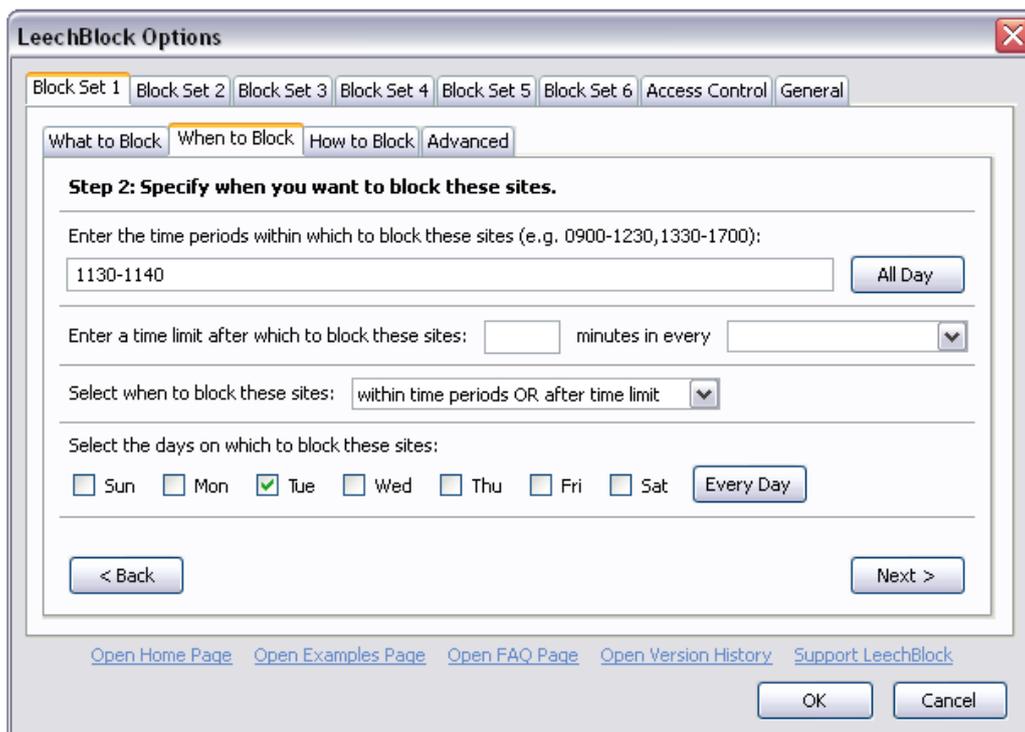
**Step 1: Specify the sites you want to block.**

Enter a custom name for this block set (optional):

Enter the domain names of the sites to block (one item per line):

Load list of sites from URL (optional):

[Open Home Page](#) [Open Examples Page](#) [Open FAQ Page](#) [Open Version History](#) [Support LeechBlock](#)



**LeechBlock Options**

Block Set 1 | Block Set 2 | Block Set 3 | Block Set 4 | Block Set 5 | Block Set 6 | Access Control | General

What to Block | When to Block | How to Block | Advanced

**Step 2: Specify when you want to block these sites.**

Enter the time periods within which to block these sites (e.g. 0900-1230,1330-1700):

Enter a time limit after which to block these sites:  minutes in every

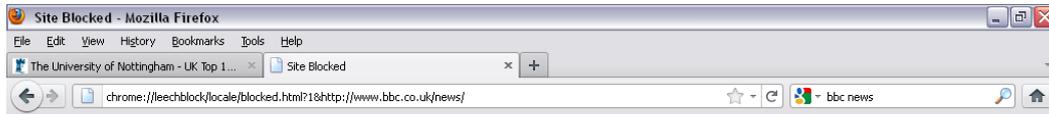
Select when to block these sites:

Select the days on which to block these sites:

Sun  Mon  Tue  Wed  Thu  Fri  Sat

[Open Home Page](#) [Open Examples Page](#) [Open FAQ Page](#) [Open Version History](#) [Support LeechBlock](#)

## Message displayed when site blocked



### Site Blocked



The page you're attempting to access has been blocked by [LeechBlock](#).

<http://www.bbc.co.uk/news/> (BBC News)

You can [click here](#) to access the page once the block has expired.

*If LeechBlock has improved your life, please consider supporting its continued development by [making a contribution](#) or [writing a review](#)*



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](http://www.proginosko.com/leechblock_faq.html)

