ToolGPA

NOVEMBER 2026

Stretchly

The Insider’s Guide

Open-source break reminder for Mac, Windows and Linux



Every plan, grade, refund rule and rival among focus apps, read from Stretchly’s own pages.

Made by Jan Hovancik · checked Nov 13, 2026 · toolgpa.com

3.0

GPA



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ToolGPA put this guide together from Stretchly's own pages, its app-store listings and our grades. Every fact in it is on Stretchly's page too, where it is kept up to date. Checked Nov 13, 2026.

Welcome

What it is, who it suits, its grades and the ten things to know first

3.0

GPA, above 60 of the 83 other focus apps we grade

Stretchly is a free, open-source desktop app that lives in the tray and reminds you to take breaks. By default it sets a 20-second mini break every 10 minutes and a 5-minute long break every 30 minutes, with a break idea in each reminder. Preferences are customizable and saved in a JSON file.

To get you started, here are **8 things to know about Stretchly**, taken from its own pages and our grades.

> "
>
> **It is desktop only, the Mac build is unsigned so first launch needs a workaround, and sponsors get a few extra preferences.**
>
> From our report card of Stretchly

1 **Best for break reminders on Mac, Windows and Linux**

Stretchly is a free open-source break reminder with mini and long breaks and idle awareness.

2 **It is free**

Stretchly has no paid plan at all. Free app. Optional sponsorship on GitHub or Patreon unlocks contributor preferences and preference sync.

3 **It runs on 3 platforms**

macOS, Windows and Linux.

4 **Mini and long breaks**

Defaults to a 20-second mini break every 10 minutes and a 5-minute long break every 30 minutes; all intervals are adjustable.

5 **Break ideas**

Each reminder window carries a suggestion for the break.

6 **Idle and Do Not Disturb awareness**

Pauses breaks after 5 idle minutes and while Do Not Disturb is on.

7 **A 3.0 GPA, above 60 of 83**

That is against the other focus apps we grade, on value, the free plan, features, ease of use and platforms.

8 **Keep it**

Stretchly is free, so making your own would save you nothing.

Stretchly at a glance

PRICING Free	FREE PLAN Yes
FREE TRIAL None stated	RUNS ON macOS, Windows, Linux
MADE BY Jan Hovancik	CATEGORY Focus Apps
OUR GRADE 3.0 GPA, very good	

The report card

Best for break reminders on Mac, Windows and Linux

Stretchly is a free open-source break reminder with mini and long breaks and idle awareness. It is desktop only, the Mac build is unsigned so first launch needs a workaround, and sponsors get a few extra preferences.

TOOLGPA REPORT CARD	Stretchly	Graded Nov 13, 2026

SUBJECT	GRADE	COMMENT
Value for money	A	Free and open source, with optional sponsorship on GitHub or Patreon.
Free plan and trial	A	The full app is free; sponsors only get contributor and sync preferences.
Features	B	Mini and long breaks, break ideas, idle and do-not-disturb awareness, postpone and strict mode and command-line control, with no gap the listing names.
Ease of use	C	No rating on record. The Mac build is unsigned, so first launch needs a Gatekeeper workaround.
Platforms and integrations	C	Mac, Windows and Linux, a program for computers only, with no phone version.

Grade point average — Very good, out of 4.0 **3.0**

An A is worth 4 points, a B 3, a C 2, a D 1 and an F nothing. The GPA is the average of the five.

Who Stretchly is for

- ✓ Fits if you sit at a Mac, Windows or Linux computer all day and forget to rest
- ✓ Works for people who want a free reminder with no account

Who it is not for

- ✗ Skip it if you want it on a phone, as no mobile version is listed
- ✗ Watch out: the Mac build is unsigned and needs a Gatekeeper workaround to open
- ✗ Watch out: Mac needs macOS Monterey (12) or later
- ✗ Tight if you want preference sync, since Sync Preferences goes to sponsors

Good to know

Good for

- ✓ Desk workers who want regular eye and posture breaks
- ✓ People who prefer open-source software on Linux

Worth knowing

- ⓘ Desktop only; no phone version is listed.
- ⓘ The Mac build is unsigned, so first launch needs a Gatekeeper workaround.
- ⓘ Mac needs macOS Monterey (12) or later.
- ⓘ Sync Preferences and Contributor Preferences go to sponsors and contributors.

What it costs

Every plan, the free plan, ways to pay less and how prices have moved

Free

No paid plan at all

Stretchly is free to use.

> **Free and open source, with optional sponsorship on GitHub or Patreon.**
>
> From our grade for value for money

FREE

$0

The full app; sponsors also get Contributor Preferences and Sync Preferences.

The free plan

Free app. Optional sponsorship on GitHub or Patreon unlocks contributor preferences and preference sync.

Read from hovancik.net on Nov 13, 2026.

What it does

Its main features, where it runs, what it works with and who makes it

3

Places it runs: macOS, Windows and Linux

Open-source break reminder for Mac, Windows and Linux. Here is what it does, as its own site describes it, and what it covers: open source, works offline, menu bar app.

> **Mac, Windows and Linux, a program for computers only, with no phone version.**
>
> From our grade for platforms and integrations

Mini and long breaks

Defaults to a 20-second mini break every 10 minutes and a 5-minute long break every 30 minutes; all intervals are adjustable.

Break ideas

Each reminder window carries a suggestion for the break.

Idle and Do Not Disturb awareness

Pauses breaks after 5 idle minutes and while Do Not Disturb is on.

Postpone and strict mode

A break can be postponed once, and strict modes can stop skipping.

Command-line control

A stretchly command talks to the running app.

Where it runs

macOS Windows Linux

What it works with

Its own pages name no integrations.

Stretchly is made by Jan Hovancik.

PART 04 · STANDING

Where it stands

Its grades against its category, and whether to keep it or make your own

60/83

Other focus apps it is graded above

Stretchly's GPA of 3.0 is higher than 60 of the 83 other focus apps we grade, and level with 15.

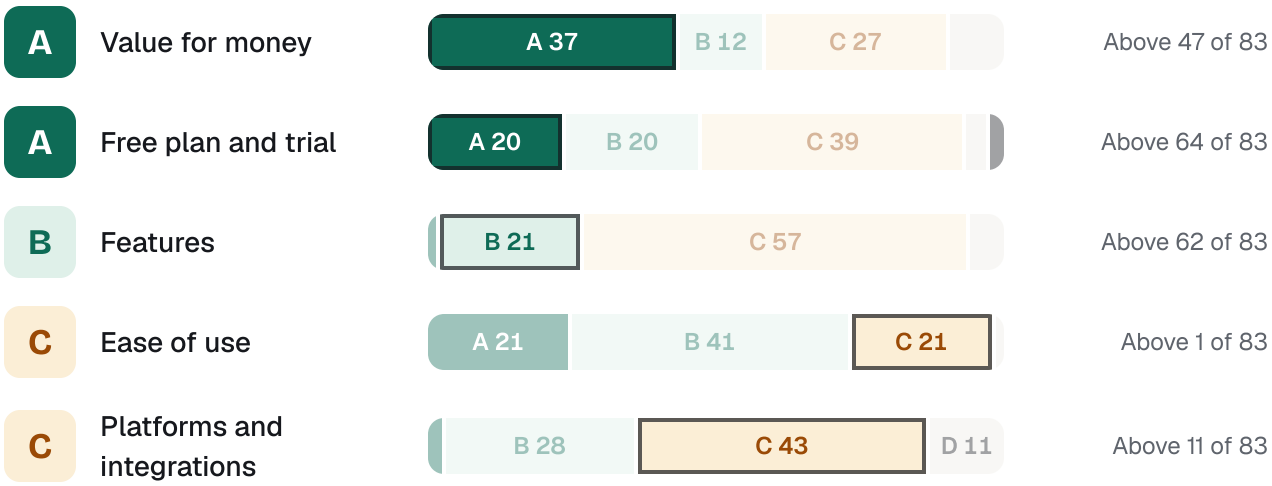
It stands best on free plan and trial (A, above 64 of 83) and worst on ease of use (C, above 1).

Stretchly has no paid plan.

On features, ease of use and platforms it scores 2.3 out of 4. Nothing scores higher for less, though at least one tool matches that score at a lower price.

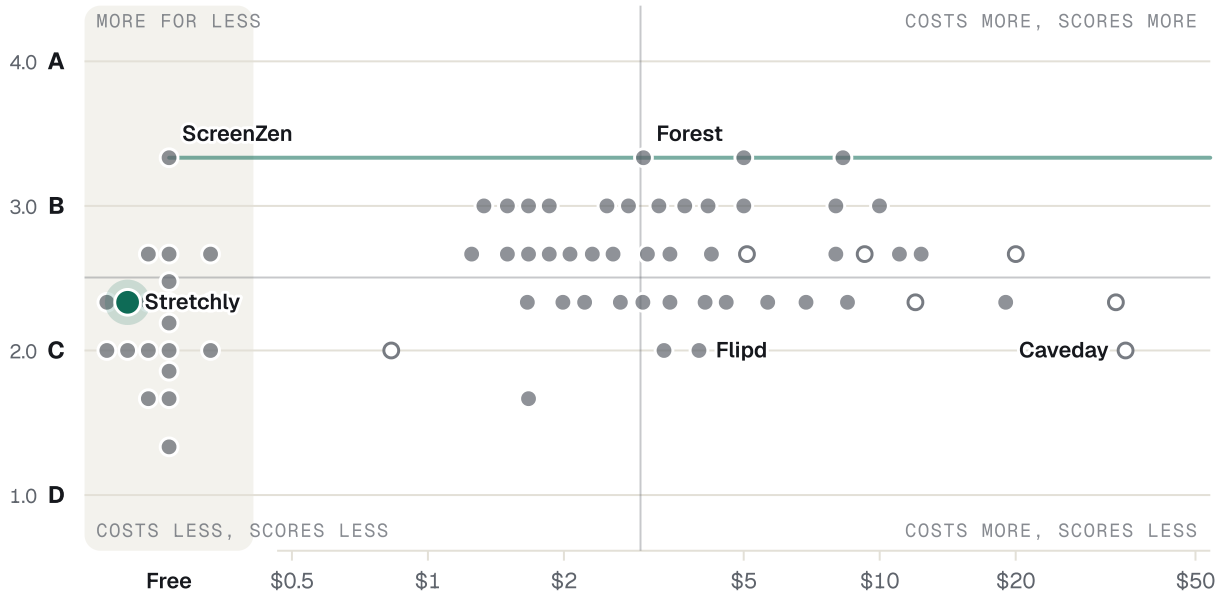
Each grade against the category

Every bar is all 84 focus apps we grade, cut by the letter each got. Stretchly's own letter is outlined.



Price against what you get

Each dot is one of 70 focus apps. Further left costs less; higher up scores better on features, ease of use and platforms. Stretchly is the marked dot.



What paid plans start at, a month (each step along is roughly double)

Keep it, or make your own?

Whether this is something you could build for yourself with an AI app builder, and what you would give up.

Keep it

Stretchly is free, so making your own would save you nothing.

And it is not the kind of software a weekend replaces. It is one of the better ones too: its GPA of 3.0 is higher than 60 of the 83 other focus apps we grade.

What you could not

- ✕ A native app living in the menu bar.
- ✕ Apps for macOS, Windows and Linux that stay in step with each other.
- ✕ The depth: we grade its features B, which means it covers the whole job.

What this rests on. Stretchly's listing: what it does, where it runs, what it plugs into and what it costs. It is a judgement about the kind of software this is. We have not built a replacement for it, and making your own means looking after it too. How we decide, and every tool's verdict.

The alternatives

The tools it is most often weighed against, side by side



Workrave, Time Out, TomatoBar, Focus Timer and Focus Bear

The 5 tools Stretchly is most often weighed against, with where each one differs from it.



3.0 GPA

Workrave

Free

Free RSI-prevention break reminder with daily usage limits.

- Only Stretchly lists a macOS app.
- Stretchly also covers menu bar app.
- Workrave also covers time tracking.

Stretchly and Workrave compared in full



2.8 GPA

Time Out

Free plan · from $4.99/mo

Mac break reminder with customizable break screens.

- Only Stretchly lists Windows and Linux apps.
- Stretchly is open source, according to its own site.
- Time Out can be bought with a one-time purchase.

Stretchly and Time Out compared in full



2.6 GPA

TomatoBar

Free

Free open-source Pomodoro timer for the Mac menu bar.

- Only Stretchly lists Windows and Linux apps.
- TomatoBar also covers Pomodoro timer.

Stretchly and TomatoBar compared in full

F

2.6 GPA

Focus Timer

Free

Free Pomodoro timer for Linux, formerly GNOME Pomodoro.

- Only Stretchly lists macOS and Windows apps.
- Stretchly also covers menu bar app.
- Focus Timer also covers Pomodoro timer and time tracking.

Stretchly and Focus Timer compared in full



2.4 GPA

Focus Bear

Free plan · from $9.99/mo

Distraction blocker and guided routines built for ADHD brains.

- Only Stretchly lists a Linux app.
- Only Focus Bear lists iOS and Android apps.
- Stretchly is open source, according to its own site.

Stretchly and Focus Bear compared in full

PART 06 · QUESTIONS

Quick answers

The questions people ask about it, each answered in a line or two

12

Questions, each answered in a line or two

The short version of everything above, for when you only need the answer. Each one is told in full in its part of the guide.

Is Stretchly free?

Yes. Stretchly is free to use.

How much does Stretchly cost?

Stretchly lists one plan. Free: $0.

What platforms does Stretchly work on?

Stretchly is available on macOS, Windows and Linux.

Does Stretchly have an Android app?

No Android app was listed when its pages were read on Nov 13, 2026. Stretchly is listed for macOS, Windows and Linux.

Does Stretchly have an iPhone app?

No iPhone app was listed when its pages were read on Nov 13, 2026. Stretchly is listed for macOS, Windows and Linux.

Is Stretchly open source?

Yes. Stretchly is open source, according to its own site.

Does Stretchly work offline?

Yes, according to its own site. What works without a connection differs by plan and platform, so check the vendor's page for the detail.

Who makes Stretchly?

Stretchly is made by Jan Hovancik.

What are the alternatives to Stretchly?

The closest alternatives to Stretchly in our directory are Workrave, Time Out, TomatoBar, Focus Timer and Focus Bear.

How does Stretchly compare with other focus apps?

Stretchly's GPA of 3.0 is higher than 60 of the 83 other focus apps we grade, and level with 15.

Is Stretchly good value for money?

ToolGPA grades Stretchly A for value for money. Stretchly has no paid plan.

Could I make my own version of Stretchly?

Stretchly is free, so making your own would save you nothing. And it is not the kind of software a weekend replaces.

Where this guide comes from

The prices, plans, platforms and features were read from Stretchly's own pages on Nov 13, 2026, and the grades were given on Nov 13, 2026. Graded from this listing, whose facts were read from Jan Hovancik's own pages on 13 November 2026. Not based on using the product, and shorter than our full reviews.

Every tool we list gets five grades, A to F, each with its reason, and a GPA that averages them. How each is decided is at toolgpa.com/grades. This guide is ToolGPA's own work; it is not made, paid for or approved by Jan Hovancik. Prices change, so check hovancik.net before you buy.

hovancik.net/stretchly
hovancik.net/stretchly/about/
hovancik.net/stretchly/downloads/
hovancik.net/stretchly/sponsor/

PART 07 · ABOUT

About ToolGPA

Who made this guide, what else is on the site, and how to cite it

7,721

Tools graded, in 95 categories

ToolGPA grades software the way a school report grades a pupil: five subjects, a letter for each with the reason written beside it, and a GPA that averages them. Prices, plans and platforms are read from each maker's own pages and dated, so you always know how fresh a figure is.

Every grade, review and ranking on ToolGPA is our own judgement. No company can pay for a grade or change one. Every tool on the site has a guide like this one, free to download and pass on. It all lives at **toolgpa.com**.

7,721	95	739	579
tools graded	categories	price changes on record	apps priced in 12 countries

What else is on toolgpa.com

Stretchly, kept up to date

Everything in this guide, with prices and grades as they are today

toolgpa.com/tools/stretchly

How grades are given

The rules behind every letter and every GPA

toolgpa.com/grades

Value charts

What each tool costs against what it scores, for every category

toolgpa.com/charts

Compare

Any two tools side by side, plan by plan

toolgpa.com/compare

Price changes

Every price rise and cut on record, each with its source

toolgpa.com/price-changes

Prices by country

What apps cost on the App Store in 12 countries

toolgpa.com/prices-by-country

Pay less

Every public discount: yearly billing, students, nonprofits

toolgpa.com/save

Keep or make

Which tools are worth paying for, and which you could build yourself

toolgpa.com/keep-or-make

Scan for the live page

Prices and grades as they are today

Quoting this guide?

Please name ToolGPA and link to the live page, so readers can check the figures for themselves:

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ToolGPA, "Stretchly: The Insider's Guide",
checked Nov 13, 2026.
https://toolgpa.com/tools/stretchly
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Know someone choosing between focus apps?

Send them this guide:
toolgpa.com/tools/stretchly/guide

ToolGPA elsewhere: youtube.com/@toolgpa

See our other guides

The best-graded focus apps after Stretchly, each with an Insider's Guide of its own.

Focus Apps Insider's Guide

Every one of the 84 focus apps we grade, compared

ScreenZen Insider's Guide

Free app that delays and blocks distracting apps and sites

3.6 GPA

Flora Insider's Guide

Free focus timer that grows trees, alone or with friends

3.2 GPA

Flow Insider's Guide

Minimal Pomodoro timer for Mac, iPhone, iPad and Apple Watch

3.2 GPA

ToolGPA

Choosing software? Every tool graded, every price dated.

Compare tools at toolgpa.com ›

Everything in this guide is ToolGPA's own summary of what Stretchly's pages, its app-store listings and public reviews said on the dates shown. Grades are our judgement under the rules at toolgpa.com/grades. Every grade, review and ranking on ToolGPA is our own judgement. No company can pay for a grade or change one. Stretchly is a trademark of its owner, and this guide is not made, paid for or approved by Jan Hovancik. Prices and plans change: check hovancik.net before you buy.