

# AutoFlow Pro V40: Professional User Guide

## Session Configuration (Timers)

- **Total Runtime (HOURS):** This sets the global "kill-switch" for your session.
  - **Loop 1 (High Activity):** Focuses on high-frequency clicking and typing simulation for intensive tasks.
  - **Loop 2 (Medium Activity):** Provides a balanced mix of mouse movement and clicking with moderate intervals.
  - **Loop 3 (Low Activity):** Features minimal interaction, focusing on passive mouse drifting and scrolling.
  - **Loop 4 (Moderate Activity):** Combines keystroke patterns with periodic navigation across the screen.
  - **Recommendation:** Use **irregular intervals** (e.g., 11m, 14m, 19m) for loop durations to mimic natural human focus shifts.
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## Human Behavior (Breaks)

- **Enable Coffee Breaks:** A vital toggle that pauses all automation to simulate the user being away from their desk.
  - **Break Frequency:** Determines how often a break is triggered (e.g., every 60 minutes).
  - **Break Duration:** Defines how long the software remains idle during that break period.
  - **Recommendation:** Set Frequency to **45–75 minutes** with a duration of **8–12 minutes** for the most realistic behavior.
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## Operational Area (Safe Zone)

- **Safe Zone Selection:** Uses a semi-transparent overlay to let you drag and define a specific work area.
- **Boundary Locking:** Restricts all mouse movements and clicks strictly within the chosen coordinates.
- **Coordinate Management:** Shows live **Min X**, **Max X**, **Min Y**, and **Max Y** values for manual adjustment if needed.
- **Recommendation:** Always define a Safe Zone to prevent the bot from clicking your system taskbar or desktop icons.

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## Multitasking (Window Switching)

- **Auto-Switching:** Periodically triggers a window change command to simulate active multitasking.
- **Standard Mode:** Executes an **Alt+Tab** command to switch between different desktop applications.
- **Browser Mode:** Executes a **Ctrl+Tab** command, which is ideal for rotating through open browser tabs.
- **Recommendation:** Set the switch interval to **10+ minutes** to ensure you aren't switching windows too rapidly.

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## Humanize (Delay Settings)

- **Randomized Delays:** Controls the "thinking time" (in seconds) between individual actions.
- **Dynamic Intervals:** The bot picks a random time between your **Min** and **Max** settings for every action.
- **Speed Control:** Higher numbers result in lower overall activity, which appears more "relaxed" and human.
- **Recommendation:** Only change these if your activity appears too high; the recommended range is **2–5 seconds**.

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## Stealth & Security

- **App Disguise:** Renames the software window (e.g., to "Calculator") to hide it from prying eyes or screen captures.
- **F9 (Boss Key):** A dedicated hotkey to instantly hide or show the software interface.
- **ESC (Emergency Stop):** A hard-coded safety key that kills the engine immediately for manual takeover.

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[!IMPORTANT] **Pro-Tip for Detection Avoidance:** For the best results and to avoid any detection, it is advised that the user uses this software in **short bursts like 1-2 hrs** take a break or do your work then start again, rather than long durations. Continuous 24/7 activity is a common flag for automated systems.