

Part I

Basic Instructions

Steve Levinson, Ph.D.
Inventor of the MotivAider®

Copyright 2009 Behavioral Dynamics, Inc.
MotivAider® is the registered trademark of Behavioral Dynamics, Inc.

Overview

The MotivAider is a remarkably simple device that enables people of all ages to make desired changes in their own behavior. The MotivAider uses a pulsing vibration signal to keep your mind focused on any change you wish to make until that change becomes a habit.

The MotivAider Method

Step 1. Select a *goal*.

Step 2. Decide on an *action* - what you must do or think in order to achieve your goal.

Step 3. Devise a *personal message* - a word, a phrase, a short sentence, even a mental picture - that will remind and motivate you to take your action.

Step 4. Mentally *connect* your personal message to the MotivAider's vibration signal so that you will automatically *think* the message whenever you *feel* the vibration.

Step 5. Decide how often to have the MotivAider send you signals/reminders, and set the MotivAider accordingly.

Step 6. Activate the MotivAider and place it in your pocket, or clip it to your belt or waistband.

Step 7. Make adjustments as needed, for example, in how often you receive signals or in the wording of your personal message. Make only one change at a time and check results after each change.

Step 8. Once you're getting good results, gradually phase out the MotivAider by sending signals less and less often. Discontinue the MotivAider when reminders are no longer necessary to maintain your new habit.

NOTE: The MotivAider is factory pre-set to operate in a simple manner that will allow most users to achieve excellent results. You can, however, customize certain aspects of the MotivAider's operation to satisfy special needs or preferences. The instructions on pages 1-4 apply to the MotivAider with all factory default settings active (the *standard* mode). For instructions on how to customize operation of the MotivAider, please see the Advanced Function section, which begins on page 7.

Setting the MotivAider

When you *set* the MotivAider, you are essentially telling the device how often to send you reminders. You do this by entering the amount of time you want to pass between vibration signals. So, for example, if you want the MotivAider to send you a reminder every 10 minutes, you would enter 10 minutes. The shorter the time interval you enter, the more often the MotivAider will send you signals.

To set the MotivAider, place the slide switch in the SET position and use the Δ and ∇ keys to enter the amount of time you want to pass between signals.



Each time you press and release the Δ key, the displayed interval advances 1 minute. Each time you press and release the ∇ key, the displayed time interval goes backwards 1 minute. You can change the displayed time interval rapidly in either direction by pressing and holding the appropriate key for a couple of seconds.

In the *standard* mode, you can enter any time interval from 1 minute (0: 01) to 23 hours and 59 minutes (23:59).

TIP: To return the displayed time interval to 0:00, simply press both timer control keys at the same time with the slide switch at SET.

Activating the MotivAider

To activate the MotivAider, place the slide switch in the RUN position. The MotivAider will count down to 0:00 from the most recently set time interval, vibrate briefly, then automatically reset itself and begin counting down again. It will keep repeating this cycle until you return the slide switch to the SET position.

Register your MotivAider online
at <http://register.motivaider.com>.

The Display

In standard mode, the display shows how much time is left until the next vibration. If there are fewer than 60 minutes left, the display shows minutes and seconds remaining. If there are more than 60 minutes left, the display shows hours and minutes remaining. A small blinking + in the lower right hand corner of the screen will confirm that the MotivAider is counting down.

NOTES:

- To prevent accidental resetting of the MotivAider's timer, the timer control keys are automatically disabled when the slide switch is in the RUN position.
- To extend battery life (and to keep the MotivAider from vibrating its way around your house at night!), keep the slide switch at SET when you're not using your MotivAider. With the switch at SET, the between-signals time interval is displayed on the screen.
- The MotivAider automatically remembers the last time interval you set. Therefore, unless you wish to change how often the MotivAider sends you signals, there's no need to reset the MotivAider.

Connecting Your Message to the Vibration

1. With the slide switch at SET, press the \triangle and ∇ keys at the same time to zero (0:00) the display.
2. Repeat to yourself several times, "Whenever I feel the vibration, I will think, "....." (Recite your message).
3. Move the slide switch to RUN and hold the MotivAider against your body. *While feeling the vibration*, recite your message. Then move the slide switch back to SET. Repeat this step several times.

4. Set the MotivAider to send you signals/reminders as often as you wish. Then move the slide switch to RUN. You're now *MotivAided!*

A Few Tips

1. If you have no idea how often to have the MotivAider send you signals/reminders, start out with a between-signals time interval of 10 or 15 minutes.
2. Whenever you start out with a new personal message, it's better to err in the direction of receiving too few signals/reminders than too many. Once you're reliably thinking your message whenever you feel the vibration, you can keep shortening the time between signals until you get the best results.
3. During the first few hours of use with a new personal message, try to make a point of reciting the message to yourself whenever you feel the vibration.
4. Don't worry if you don't notice every single vibration signal. The MotivAider is designed to attract your conscious attention only when it's available. You can achieve excellent results without being fully aware of all the signals/reminders you receive.

Removing and Reinstalling the Belt Clip

You can remove the belt clip by inserting the point of a ballpoint pen in the base of the belt clip while pushing the belt clip up the tracks.

To reinstall the belt clip, insert the base of the belt clip (one corner at a time) into the tracks on the MotivAider's back, and slowly slide the belt clip down the tracks. When the top of the clip is about even with the top of the case, the clip will snap into place.

Changing the Battery

The MotivAider requires one AA battery (alkaline recommended). A faded display or a weak vibration usually indicates that the battery needs to be replaced.

To change the battery, unlatch the battery compartment cover by gently pushing it outward, then rotate it back on its hinges. Push the battery towards the negative (-) end of the battery compartment (the bottom of the case) and then lift the battery out from the + (top) side. When installing a new battery, install the negative end - the end without the *bump* - first.

To register your MotivAider online, go to: <http://register.motivaider.com>

Part II Advanced Functions

Overview

You can customize the MotivAider in the following ways:

- You can increase or decrease the strength of the vibration. We suggest that you use the lowest setting that allows you to feel the vibration most of the time.
- You can make the vibration last longer. Increasing the duration of the signal may help you notice more signals.
- You can choose to have the MotivAider send signals on a random basis.
- You can choose to have the MotivAider send signals more often than once a minute.
- You can choose what's displayed on the screen while the MotivAider is operating.

How to Change Settings

1. Decide which function(s) you want to change. The table on pages 9-11 lists user-programmable functions and shows settings available for each function. *The factory default setting for each function is shown in larger bold type.*
2. With the slide switch at SET, press the AF (advanced function) key the number of times shown in the first column of the table on pages 9-11 to reach the first function you wish to change.

3. Press the \triangle and/or ∇ key(s) until the setting you prefer for that function appears on the screen. (The currently active setting for each function appears first.)

4. Press the AF Key as many times as necessary to move to the next function you wish to change, then repeat Step 3 to select the setting you prefer for that function.

5. Continue in the same manner until you've selected settings for all the functions you wish to change. Then move the slide switch briefly to RUN to save the new settings and exit the Advanced Functions menu. (See Note 2 below.)

NOTES:

1. The factory default setting for each function is indicated by a small DEF in the upper right corner of the screen.
2. If you'd prefer to review all the changes you've made before saving them, keep pressing the AF key until you reach the final function, NEW/DEF/REV. Select REV (Review), then use the AF key to move through the menu again. As you move through the menu, the setting you selected for each function will appear on the screen. Follow Steps 3-5 above to make and save any further changes.
3. You can immediately restore *all* factory default settings by advancing to the NEW/DEF/REV function, selecting DEF (Default), then moving the slide switch to RUN. (You can also easily restore all factory settings simply by removing and then reinstalling the battery.)
4. Any settings you save will remain active until/unless you change them.
5. Always check and reset settings after removing and replacing the battery.

Number of Times the AF Key is Pressed		Settings ^{1,2} ← ▽ △ →
↓	User-Programmable Functions	
1x	Vibration Strength. Choose from five vibration settings ranging from a slow, gentle tapping (1) to a strong, steady vibration (5). <i>To help you select a setting that suits you best, the vibration mechanism will operate continuously so that you can actually feel each setting before choosing one.</i>	01 ← 02 ← 03 → 04 → 05
2x	Vibration Length. You can choose to have the vibration last for 2, 3 or 4 seconds.	03 ← 04 ← 02 → 03 → 04
3x	Schedule Type. With the REG (regular) setting active, the MotivAider sends signals at regular time intervals, for example, every 10 minutes. To receive signals on a random basis, select RAN. The MotivAider will send signals at random intervals no greater than the time interval you set. (More information about the Random schedule option appears on page 12, and updates will be posted at http://random.motivaider.com .)	RAN ← REG → RAN
4x	Time Units. With the HM (Hours/Minutes) setting active, the time between signals is entered in <i>minutes</i> . To enter the time between signals in <i>seconds</i> , select SEC. Note that when operating in the HM mode, there will be a colon (:) on the screen. The colon will not appear when operating in the SEC mode. ³ The table on page 12 shows the maximum and minimum allowable time intervals for HM and SEC settings.	SEC ← HM → SEC
5x	Display. With the CD (Countdown) setting active, the display shows the progress of each countdown. To instead display the time of day during countdowns, choose CI (Clock). To display only a simple graphic during countdowns, choose GR (Graphic). Note that with the CI setting active, a small blinking + in the lower right hand corner of the screen tells you that the MotivAider is counting down.	CI ← GR ← CD → CI → GR
6x	Time of Day - Hour. If you choose the CI (Clock) setting for the Display, use the △ and ▽ keys to set the current hour of day, then press the User key to save the hour setting and advance to the minutes function.	1...11 ← 12 → 1...11
7x	Time of Day - Minutes. If you choose the CI (Clock) setting for the Display, use the △ and ▽ keys to set minutes.	01...59 ← 00 → 01...59
8x	New/Default/Review. To save all the settings you've chosen, select NEW. To restore all factory default settings, select DEF (Default). To review new settings before saving them, select REV (Review), then use the AF Key to move through the menu again.	REV ← DEF ← NEW → DEF → REV

1. You can reach all the available settings for a given function by pressing *either* timer control key repeatedly.
2. The setting that appears on the screen when you move the slide switch to RUN or press the AF Key is the setting that will be saved.
3. In the SEC mode, pressing both timer control buttons will set the time interval to 10 seconds rather than to 000 as in the HM mode.

Allowable Time Interval Settings

	HM	SEC
REG	1 minute to 23 hrs 59 mins	1 second to 9999 seconds
RAN	1 minute to 11 hrs 59 mins	10 seconds to 4999 seconds

Notes on Random Schedule

In the random mode, the time interval you set establishes the maximum amount of time that will pass between signals. When you place the SET/RUN switch at RUN, the MotivAider will send the first signal at the set interval and then send all subsequent signals at randomly selected intervals up to and including the set interval. For example, if you set a time interval of 10 minutes, the MotivAider will send the first signal in 10 minutes followed by signals at randomly selected intervals between 1 minute and 10 minutes. The MotivAider will continue to send signals at random selected intervals until the SET/RUN switch is moved to SET.

If you set a time interval in minutes, the MotivAider randomly selects from whole minute intervals, for example, 1 minute, 4 minutes, 9 minutes, etc. If you set an interval in seconds, the MotivAider randomly selects from intervals in seconds.

Note that the impact of a random schedule will be minimal if you choose very short intervals. For example, if you set an interval of 2 minutes, the only two possible intervals that can be randomly selected are 1 minute and 2 minutes.

When using the random schedule option with the time interval set in seconds, a randomly selected interval could be shorter than the actual duration of the vibration. This could result in an occasional overlapping of two signals.

Questions? Comments? Problems?

We want you to be fully satisfied with your experience as a MotivAider user. If you ever have any problems, questions, or comments, please don't hesitate to contact us. We are fiercely committed to helping MotivAider users achieve their goals.

Visit us on the web:

<http://www.habitchange.com>

Email us:

info@habitchange.com

Call us:

1-800-356-1506

From outside the U.S., call
001+218-681-6033

Write to us:

Behavioral Dynamics, Inc.
P.O. Box 66
Thief River Falls, MN 56701
U.S.A.

Want to Learn More?

You'll find a variety of resources for MotivAider users on our website. Just click on the "Resources" tab at:
<http://habitchange.com>, or go to:
<http://support.motivaider.com>.

FREE DOWNLOAD

*The Complete Guide to the
MotivAider Personal
Achievement System*

The Complete Guide to the MotivAider Personal Achievement System was written by Dr. Steve Levinson, the MotivAider's inventor, and Dr. Ronald Young. The guide covers the finer points of MotivAider use. It includes helpful technique tips and detailed examples of how the MotivAider can be used to achieve a wide range of personal improvement goals.

A spiral-bound print version of *The Complete Guide* is also available for purchase online.

Join our email list

You can receive free periodic announcements, updates and suggestions on how to get the most out of the MotivAider®. Just sign up at:
<http://subscribe.motivaider.com>

MotivAider Registration

To register your MotivAider, go to:
<http://register.motivaider.com>

WARRANTY

Behavioral Dynamics, Inc. warrants the MotivAider (except battery) to be free of defects in materials and workmanship for a period of three years from the date of purchase. Subject to the conditions below, we will promptly either repair or replace (our option) any defective unit that is returned to us with proof of purchase.

This warranty does not cover defects caused by unreasonable use or damage occurring after the purchase. The warranty is void if repairs are attempted by anyone but our own service personnel. Except where state law prohibits such exclusion, Behavioral Dynamics, Inc. assumes no responsibility for any special, incidental or consequential damages.

SERVICE

If your MotivAider ever fails to operate properly, please follow the troubleshooting instructions found at <http://fix.motivaider.com>, or email or call us for assistance. If you call, please have your MotivAider with you.

Please don't send your MotivAider back for service without contacting us first.

service@habitchange.com
1-800-356-1506.

MotivAider®

Habit Change the Easy Way



OPERATING INSTRUCTIONS
