

Part I

Basic Instructions

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Inventor of the MotivAider®

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Overview

The MotivAider is a remarkably simple device that enables people of all ages to *automatically* 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.

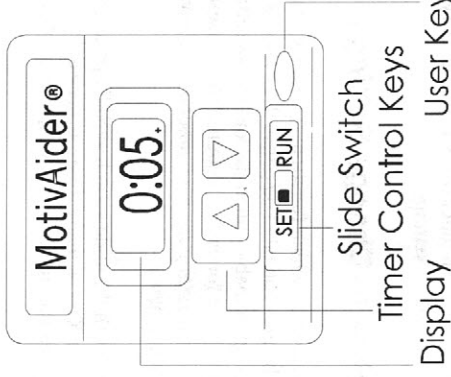
Step 8. Once you're getting good results, gradually phase out the MotivAider by sending signals less and less often. Discontinue the MotivAider when reminders are no longer necessary to maintain your new habit.

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 User Settings 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.

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 (separated by a blinking colon) 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 whenever 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 Δ 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 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.

Part II Advanced User Settings

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 have the MotivAider send you signals on a less predictable basis.
- You can enable the MotivAider to send signals more often than once a minute.
- You can change what's displayed on the screen while the MotivAider is operating.
- You can quickly restore all factory default settings.

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 type.*)
2. With the slide switch at SET, press the User Key as many times as necessary to reach the first function you wish to change.

3. Press the Δ 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 User 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 to RUN to save the new settings and exit the Advanced User Settings 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, advance to Save/Restore/Review (the final function). Select REV, then use the User 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 Save/Restore/Review function, selecting DEF, then moving the slide switch to RUN.
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 User Key is Pressed

	User-Programmable Functions	Settings ← ▽ △ →
1	Vibration Strength. Choose from five vibration settings ranging from a slow, gentle tapping (1) to a strong, steady vibration (5). To help you select a setting that suits you best, the vibration mechanism will operate so that you can actually feel each setting before choosing one.	01 ← 02 ← 03 → 04 → 05
2	Vibration Length. You can choose to have the vibration last for 2, 3 or 4 seconds.	03 ← 04 ← 02 → 03 → 04
3	Schedule Type. With the REG setting active, the MotivAider sends signals at regular time intervals, for example, every 10 minutes. To receive signals on a variable basis ranging from half as often to twice as often as whatever time interval you set, select AVE. (See Note 3 on page 12.)	AVE ← REG → AVE
4	Input Units. With the HM (Hours/Minutes) setting active, the time between signals is entered in minutes. To enter the time between signals in seconds, choose SEC. (See Note 3 on page 12.)	SEC ← HM → SEC
5	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). (See Note 4 on page 12.)	CI ← GR ← CD → CI → GR
6	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
7	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
8	Save/Restore/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 User Key to move through the menu again.	REV ← DEF ← NEW → DEF → REV

Tips:

- You can actually reach all the available settings for a given function by pressing either timer control key repeatedly.
- Remember that the setting that appears on the screen when you move the slide switch to RUN or press the User Key is the setting that will be saved.
- If you wish to change Input Units to Seconds (SEC) or change Schedule Type to Average Interval (AVE), you may have to adjust the time between signals. The table below shows maximum allowable time intervals for various combinations of Input Units and Schedule Type settings. An ERR (Error) will appear on the screen if you try to select SEC or AVE with too long a time set between signals. If this happens, just wait a few seconds for the ERR to clear, then move the slide switch to RUN to exit the advanced user settings menu. After setting a shorter time between signals, return to the menu to select the desired Time Input or Schedule Type setting(s).

- With the CI or GR setting active, a blinking + in the lower right hand corner of the screen tells you that the MotivAider is counting down.

Maximum Time Between Signals

	HM	SEC
REG	23 hrs 59 secs	9999 secs (2 hrs 46 mins)
AVE	11 hrs 59 mins	4999 secs (1 hr 23 mins)

Questions? Comments? Problems?

We want you to be fully satisfied with your experience as a MotivAider user. If ever you 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:

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Call us:

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From outside the U.S., call
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Thief River Falls, MN 56701
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Want to Learn More?

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

FREE DOWNLOAD **for MotivAider users**

The Complete Guide

The 100 page *Complete Guide to the MotivAider* 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 print version of *The Complete Guide* is also available for purchase online.

WARRANTY

Behavioral Dynamics, Inc. warrants the MotivAider (except battery) to be free of defects in materials and workmanship for a period of one year from the date of purchase. Subject to the conditions below, we will repair or replace, at our option, any defective unit without charge.

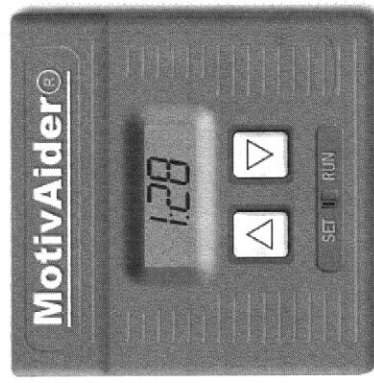
This warranty does not cover defects caused by unreasonable use or damage occurring after the purchase. The warranty is void if repairs are attempted by anyone but our own service personnel. Except where state law prohibits such exclusion, Behavioral Dynamics, Inc. assumes no responsibility for any special,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

SERVICE

If your MotivAider ever fails to operate properly, please e-mail us at service@habitchange.com or call Customer Service at 1-800-356-1506. Please have your MotivAider with you when you call. *Please do not send your MotivAider back for service without contacting us first.*

MotivAider®

Habit Change the Easy Way



OPERATING INSTRUCTIONS