

Part I

Basic Instructions

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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

For guided help in getting started, visit <http://tutorial.motivaider.com>

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). *Note that with the switch in the SET position, numbers displayed to the right of the colon are minutes, and numbers displayed to the left of the colon are hours.*

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

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 with the switch at RUN, the display shows how much time is left until the next vibration. If there are fewer than 60 minutes left, the display shows minutes (to the left of the colon) and seconds (to the right of the colon) remaining. If there are more than 60 minutes left, the display shows hours (to the left of the colon) and minutes (to the right of the colon) remaining. *A small blinking + in the lower right hand corner of the screen will confirm that the MotivAider is counting down.*

NOTES:

- The MotivAider is designed to operate inaudibly when it's in place in the user's pocket or clipped to a waistband in the normal upright position. It may be slightly audible under other conditions, such as when holding it in your hand to set it.
- To prevent accidental resetting of the MotivAider, the timer control keys and the Advanced Function key 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, your 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.

Note that the MotivAider will retain your settings for several seconds after the battery is removed, so you can change the battery without losing your settings **if** you're able to install the new battery *immediately* after removing the old one.

To change the battery, unlatch the battery compartment cover by gently pushing it outward, then lift it up. 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 make sure the battery is making good contact, rotate it back and forth in place a few times.

Always check your settings after replacing the battery.

Part II Advanced Functions

You can customize the MotivAider in the following ways:

- Increase or decrease the strength of the vibration.
- Make the vibration signal last longer.
- Send signals on a random basis.
- Enter between-signals intervals in seconds rather than minutes.
- Change what's displayed on the screen.

How to Change Settings

If figuring out how to change settings on an electronic device is not your idea of fun, don't worry. Just give us a call. We're always eager to help.

The table on pages 9-11 lists the user-programmable functions and shows what settings are available for each function. *The factory default setting for each function is shown in the table in larger bold type.*

With the switch at SET, use the AF key to access and navigate through the user-programmable functions menu. For example, press the AF key once, and you'll see the currently selected setting for the *vibration strength* function. Press it again, and you'll see the currently selected function for the *vibration duration* function.

When you reach a function for which you wish to change settings, use the \triangle and ∇ keys to scroll through the available settings and display the desired setting on the screen.

If this is the only change you wish to make, move the switch to RUN then back to SET to save the displayed setting and exit the menu.

If you wish to make additional changes, use the AF key to move to next function you wish to change, then use the \triangle and ∇ keys to select and display the desired setting.

- Repeat for any other functions you want to change.
- When you're done making changes, move the switch to RUN then back to SET to save your new settings and exit the menu.

NOTES:

1. The factory default setting for each function is indicated by a small DEF in the upper right corner of the screen.
2. Any settings you save will remain active until/unless you change them.
3. There's no need to set the time of day unless you wish to display time of day while the MotivAider is operating.
4. You can only move forward from one function to the next. However, if you want to revisit your settings before saving them, keep pressing the AF key until you see NEW on the screen. Then use the \triangle or ∇ key to select REV (Review). Now you'll be able to navigate through the functions again by pressing the AF key.
5. To restore *all* factory default settings, either (a) remove the battery for 15 seconds or more, or (b) keep pressing the AF key until you see NEW on the screen, then use the \triangle key to select DEF (Default). Next, move the slide switch to RUN and then to SET.

Number of Times the AF Key is Pressed		Settings ^{1,2} ← △ ▽ → Default settings are shown in bold
↓	User-Programmable Functions	
1x	Vibration Strength. Choose from five vibration settings that range from a very gentle and slow <i>tapping</i> (1) to a strong and steady vibration (5). 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. (Note: Some MotivAiders come set at a vibration strength level higher than the factory default level of 3.)	05←04 ← 03 → 02→01
2x	Vibration Length. You can choose to have the vibration last for 2, 3 or 4 seconds.	04←03 ← 02 → 04→03
3x	Schedule Type. With the REG (regular) setting active, the MotivAider sends signals at <i>regular</i> 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. 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.	GR←CI ← CD → GR→CI
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 AF key to save the hour setting and advance to the minutes function.	11...1 ← 12 → 11...1
7x	Time of Day - Minutes. If you choose the CI (Clock) setting for the Display, use the △ and ▽ keys to set minutes.	59 ... 01 ← 00 → 59 ... 01
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 →REV →DEF

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 randomly 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.

In the SEC mode, pressing both timer control buttons will set the time interval to 10 seconds rather than to 000 as it does in the HM mode.

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.

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. You'll find us fiercely committed to helping MotivAider users achieve great results.

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
001+218-681-6033

Write to us:

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Want to Learn More?

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

Resources include guided help in getting started (<http://tutorial.motivaider.com>) and a downloadable version of the original *Complete Guide to the MotivAider Personal Achievement System*. Written by the MotivAider's inventor, Dr. Steve Levinson, and Dr. Ronald Young, the guide explains the MotivAider concept in depth and 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.

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Would you like to receive announcements, updates and suggestions on how to get the most out of the MotivAider®?

- If you're working with children, join the *Help Kids Change* list. <http://join.helpkidschange.com>
- Otherwise join the *MotivAider User* list. <http://join.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 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
