

The
Gen5
MotivAider®



The ultimate tool for people who are serious about changing their own behavior and habits

USER'S GUIDE

- For the web version (mobile-friendly) of the User's Guide, [click here](#).
- For help transitioning to the Gen5 from an earlier MotivAider, [click here](#).
- For QuickStart instructions (Just the basics, PDF), [click here](#).
- For all Gen5 instructional videos, [click here](#).

NOTE: Sections of the User's Guide marked with an asterisk deal with advanced settings and features. If you wish to use the MotivAider in its most basic way, you can skip these sections.

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The Gen5 MotivAider®

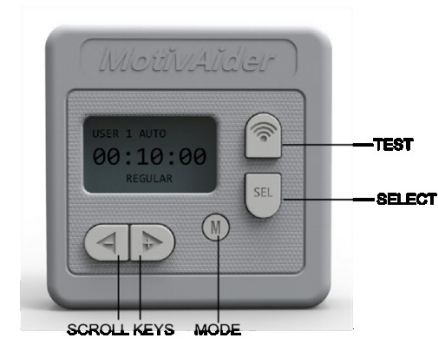
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The MotivAider is a remarkably simple device that enables people of all ages to make desired changes in their own behavior and habits. Invented by a clinical psychologist, the MotivAider® has been continuously improved since its introduction in the 1980's.

The MotivAider facilitates behavior change by using an automatically repeated private vibration signal to keep its user's mind focused on making whatever change the user wishes to make.

The Gen5 MotivAider has advanced features and capabilities that make it ideal not only for individuals who wish to change their own behavior and habits, but also for teachers, behavior change professionals, behavioral scientists and others who are engaged in helping others make behavioral changes.

The MotivAider comes preset to operate in a simple way that works well for most users. However, by accessing the Gen5 MotivAider's Advanced Settings, users can exercise greater control over how the device works so they can respond to special needs, preferences and circumstances and achieve the best possible results.



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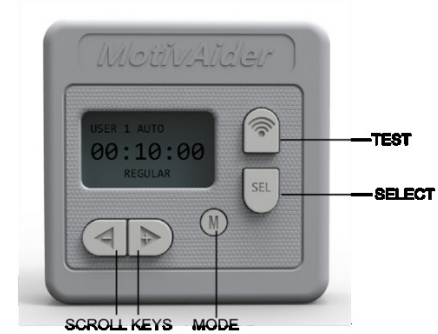
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The MotivAider Method

- (1) Decide on a specific behavioral objective or goal.
- (2) Determine what action you must take to achieve that behavioral objective or goal.
- (3) Devise a brief *personal message* – a word, a phrase, a short sentence, even a mental picture – that will get you to take action necessary to achieve your goal. For example, if your goal is to improve your posture, you might try a straightforward personal message like “Straighten up,” or a more motivating personal message like “I’m no slouch!” ([Learn more](#))
- (4) *Mentally associate* your personal message with the MotivAider’s vibration signal so that whenever you *feel* the vibration, you’ll *think* your message and be urged to take the desired action.
- (5) Set the MotivAider to send you vibration signals as often as necessary to keep your mind focused on your chosen behavioral objective or goal.



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Basic Operation [Video ▶](#)

First, don't be alarmed if the screen goes blank. To conserve battery power, your MotivAider is designed to automatically go to "sleep" when there's no activity for approximately 15 seconds. To wake it up, just hold down the Mode (M) key for a couple of seconds or more.

You're now at the HOME screen. What you see on the screen is *the prompting interval*. The prompting interval is what determines how often you'll get vibration signals. This is the MotivAider's most basic setting, and it's the only setting that many users will ever have to change.

The Prompting Interval: The prompting interval is the number of *Hours:Minutes:Seconds* that will pass between vibration signals or prompts. The shorter the interval, the more frequent the prompts. For example, a prompting interval of 00:10:00 means that you'll get vibration signals every 10 minutes, while a prompting interval of 00:00:10 means that you'll get vibration signals every 10 seconds.

You'll notice that "REGULAR" appears below the prompting interval. REGULAR refers to the *type* of interval. REGULAR means that you'll be getting vibration signals at *fixed* intervals, that is, intervals of uniform length rather than varying lengths. We'll explain later how you can set your MotivAider to send vibration signals at Average or Random intervals.

Changing the prompting interval: To change the prompting interval from its default value of 00:10:00 (10 minutes), press the Select key (SEL) to reach a time field (Hours, Minutes or Seconds) you wish to change. With the selected field blinking, use the Scroll keys (<- and +>) to enter the desired value for that field. Then press SEL again to save the value you entered and move to the next time field. [**TIP:** You can zero-out the entire prompting interval by holding down both Scroll keys at the same time.]

Using the MotivAider with basic settings only: Once your desired time interval is displayed, you're ready to use the MotivAider in its most basic way.

Press and hold M for a couple of seconds or more. The MotivAider will start counting down and will send you a vibration signal when the countdown reaches zero. Then it will automatically start counting down again from the time interval you entered, and it will send you another vibration signal when the countdown reaches zero. The MotivAider will keep repeating this process until you *tell* it to stop.

Note that to prevent accidental input, some keys are automatically disabled during prompting.

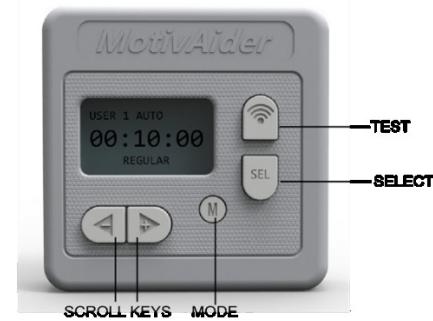
When you want the MotivAider to stop prompting, just hold down M for a couple of seconds or more to return to the HOME screen. (You can do this without having to look at the screen.)

When you're not using your MotivAider, leave it at the HOME screen. Remember, to conserve battery power, it will go to sleep if there's no input after about 15 seconds.

Whenever you're ready to use the MotivAider again, first wake it up if the screen is blank by holding down M for a couple of seconds. The MotivAider will have remembered the prompting interval you previously set (as well as any other settings), so to start prompting again using the same interval, all you need to do is hold down M again for a couple of seconds or more.



USER 1
00:10:00
REGULAR



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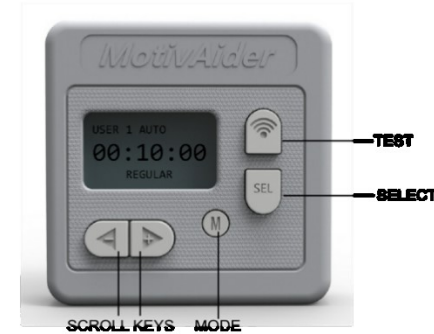
Getting Started

Before using the MotivAider the first time, and every few weeks thereafter, please check to make sure that the Phillips head screw that holds the removable metal belt clip in place is as tight as it can be.

Once you've decided on a specific behavioral objective or goal, determined what action you must take to achieve that behavioral objective or goal, and devised a brief *personal message* that will remind and motivate you to take that action, you're ready to *mentally associate* your personal message with the MotivAider's vibration signal so that whenever you *feel* the vibration, you'll *think* your message and will be reminded and urged to take the desired action.

1. With your MotivAider at the HOME screen, repeat to yourself several times, "When I *feel* the vibration, I will *think*, {your personal message}."
2. Press and release the TEST key while holding the MotivAider against your body. While feeling the vibration, recite your personal message. Repeat this several times.
3. Now, decide on a prompting interval and enter it. If you have no idea how often to send vibration signals, start with the default prompting interval of 10 minutes (00:10:00). You can change the prompting interval at any time. [**TIP:** Although you can enter prompting intervals as short as you wish in combination with any interval type you choose, be aware that vibration signals could overlap if the time between any two vibration signals is 10 seconds or less.]
4. Start prompting. Hold down M for a couple of seconds or more and the countdown to the next vibration signal will be displayed on the screen. The MotivAider is now in prompting mode.
5. Clip the MotivAider to your waistband or belt, or place it in your pocket. (You can either remove the clip or use the clip *facing out* to secure the MotivAider to your pocket.) When the countdown reaches 00:00:00, you'll feel the vibration, and your MotivAider will start counting down again.
6. During the first few hours of use with a new personal message, make a point of reciting the message to yourself whenever you feel the vibration. This will reinforce the connection between the vibration and your personal message.
7. Prompting will continue as long as you want it to. Whenever you want it to stop, just hold down M for a couple of seconds or more. (You can do this without having to look at the screen.)
8. 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.
9. Once you're getting good results, you can gradually phase out the MotivAider by sending signals less and less often. You can discontinue using the MotivAider when prompting is no longer necessary to maintain the desired behavior.

Don't worry if you don't notice every single vibration signal. You can achieve excellent results without being fully aware of all the signals the MotivAider sends you.



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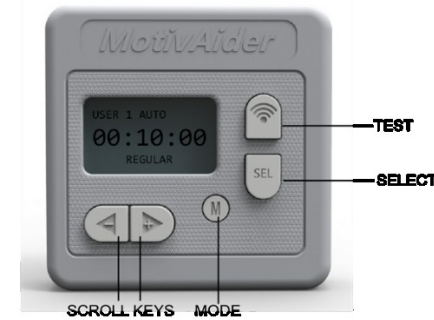
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Advanced Settings * [Video ▶](#)

Here's an overview of how to make changes in the MotivAider's Advanced Settings:

1. From the HOME screen, press and release M to access the Advanced Settings menu. Use the +> key to scroll through the available setting categories, which include INTERVAL, SIGNAL, SCREEN, AUTO, USERS and UTILITY. [**TIP:** You can also use the <- key to go back to a category you passed.]
2. When you reach a desired category, press SEL to access the options available within that category, then use the +> key to scroll through the available options. [**TIP:** If you see the category name again before you've selected a desired option, just press SEL and you'll be able to scroll through the options again.]
3. With a desired option or feature on the screen, press SEL to enable that feature or option, or in some cases, to see the available values (such as *On* and *Off*) for the selected option or feature. Use the +> key to move through the available values until you see the one you want (use the <- key to back up if necessary), then press SEL to save that value.
4. After making a change, press and release M to return to the HOME screen, or scroll through the other categories and options to make more changes. Once you're done making changes, you can either return to the HOME screen to check or change the prompting interval, or you can start prompting directly from any Advanced Settings screen.
5. Whether you're at the HOME screen or an Advanced Setting screen, to start prompting, press and hold M for a couple of seconds until you see the MotivAider counting down.

<u>INTERVAL</u>	<u>SIGNAL</u>	<u>SCREEN</u>	<u>AUTO</u>	<u>USERS</u>	<u>UTILITY</u>
<u>Regular</u>	Strength: >>>>	<u>Count(down)</u>	Session: On <u>Off</u>	Save: <u>1234</u>	Reset (ALL)
Average	Length: <u>12345</u>	Hide		Load: <u>1234</u>	
Random	Pulse: On <u>Off</u>			Reset (User)	
<u>Default settings are underlined</u>					



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How to Change the Interval Type * [Video ▶](#)

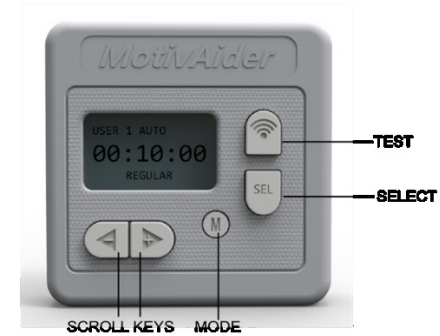
Your MotivAider is capable of sending signals at *regular, average or random* intervals.

- Select REGULAR to receive prompts at uniform intervals, such as every 10 minutes.
- Select AVERAGE to receive prompts at intervals that vary in length from half as long to twice as long as the interval you enter.
- Select RANDOM to receive prompts at intervals of random lengths that fall between the minimum and the maximum interval length you specify.

To change the interval type, from the HOME screen, press and release M. You'll see INTERVAL on the screen. Now press SEL to access the available interval types. You'll see REGULAR, which is the default interval type, on the screen. To access the remaining two interval types, use the +> key. When the interval type you want is on the screen, press SEL to save your selection.

The interval type you select will be displayed on the screen when you return to the HOME screen.

If you've selected RANDOM, when you return to the HOME screen, you'll be prompted to enter a minimum ("RAN MIN") and maximum ("RAN MAX") time interval.



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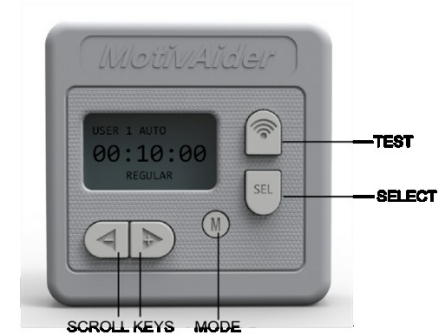
How to Customize the Vibration Signal * [Video ▶](#)

You can adjust three properties of the vibration signal.

- STRENGTH determines the intensity of the vibration signal
- LENGTH determines how long each vibration signal lasts
- PULSE determines whether each vibration signal consists of a continuous vibration (Pulse *OFF*) or distinct < 1 second pulses (Pulse *ON*).

To change the SIGNAL settings, from the HOME screen, press and release M, then use the +> key to reach SIGNAL. Press SEL, and you'll see the first signal property, STRENGTH, on the screen. Use the +> key to reach the other two properties. With any property you wish to change on the screen, press SEL, then use the Scroll keys until the level or value you want is blinking, then press SEL to save that level or value.

To make it easier to configure the vibration to your liking, you can preview the effect that any changes you make will have on the vibration. Just press and release the TEST key to immediately get a vibration signal that reflects all your current SIGNAL settings.



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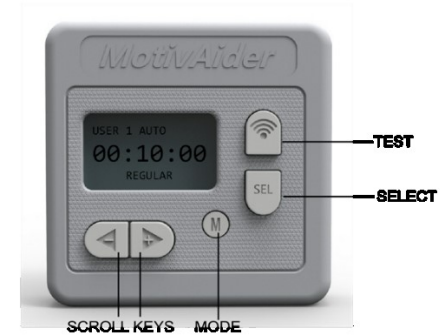
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When the MotivAider is prompting, by default, it will display the amount of time remaining until the next prompt. However, for greater privacy and/or to extend battery life, you can use the HIDE feature to prevent the MotivAider from showing anything at all on the screen while it's prompting.

- With COUNT (the default) active, the countdown to the next prompt is continuously displayed.
- With HIDE active, the countdown will be displayed for around 15 seconds, and then the display will go blank. However, even with HIDE active, you can check on the countdown progress anytime by pressing and holding M for a couple of seconds until the countdown appears. The countdown will remain visible for around 15 seconds.

To change the SCREEN setting, from the HOME screen, press and release M, then use the +> key to scroll to SCREEN. Press SEL, and you'll see COUNT. To reach HIDE, press the +> key. With whichever setting you want on the screen, press SEL to save your selection.

NOTE: Using HIDE will extend battery life.



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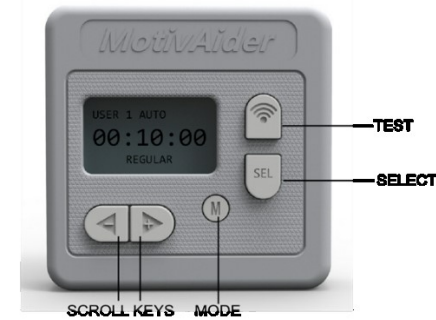
How to Set Up a Prompting Session * [Video ▶](#)

You can use the SESSION feature to have prompting stop on its own after prompting for a desired period of time. For example, suppose you've set the MotivAider to send vibration signals every 10 minutes. If you enable SESSION and enter a SESSION length of two hours, you'll get vibration signals every 10 minutes for the next two hours. The MotivAider will then stop prompting and return to the Home screen. If you enable SESSION, "AUTO" will appear on the screen to remind you that the MotivAider is set to stop prompting on its own.

To use the SESSION feature, from the HOME screen, press and release M, then press +> until you reach AUTO, then press SEL. When you see SESSION, press SEL again, then use the +> key to scroll between ON and OFF. With the value you want on the screen, press SEL.

If you select ON, you'll be prompted to enter the desired session length ("set period"). After you enter the length in Hours:Minutes:Seconds, press SEL to save it.

NOTE: If you turn SESSION on, it will remain active until you turn it off. You can stop prompting (by pressing and holding M) before a session has expired, but if you do, the next time you start prompting, the session will continue from the point where you stopped it rather than start over again. So, for example, if you were to stop prompting 15 minutes into a 45-minute session, the next time you start prompting, prompting would start with a fresh countdown but would continue for 30 minutes before stopping on its own.



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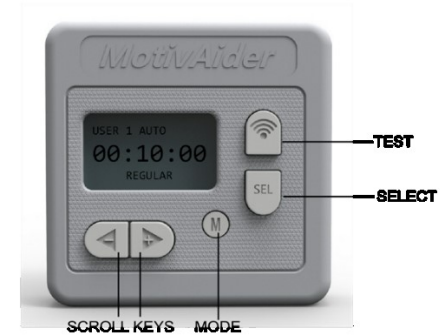
How to Create and Manage User Profiles * [Video ▶](#)

The Gen5 MotivAider allows you to create and manage up to four *User Profiles*, which are complete collections of settings. You can create distinct user profiles for different individuals who use the same MotivAider, different behavior change projects, different days of the week, different situations (such as work vs. home), or anything else you choose. The active user profile is always displayed on the screen as "USER #."

- You can **SAVE** all your current settings – including the prompting interval – as a user profile.
- You can **LOAD** any of four user profiles that you previously created and saved.
- You can **RESET** the active user profile to all factory-default settings without affecting the other user profiles.

To access User Profiles, from the HOME screen, press and release M, then use the +> key to scroll to USERS. Next, press SEL, and you'll see SAVE. Use the +> key to reach the other two options, LOAD and RESET.

With an option you want on the screen, press SEL. For SAVE or LOAD, you'll be prompted to enter a user profile number. Use the Scroll keys until the desired profile number is blinking, then press SEL to enter it. For RESET, just press SEL to restore all factory default settings for the active user only.



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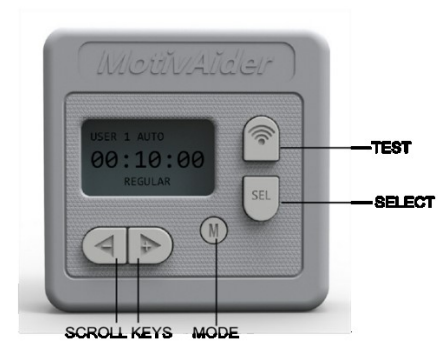
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How to Restore ALL Original Settings * [Video ▶](#)

RESET allows you to easily restore *all* factory default settings for all user profiles.

To initiate a complete reset, from the HOME screen, press and release M, then use the +> key to scroll to UTILITY. Press SEL. When you see RESET on the screen, press SEL again.



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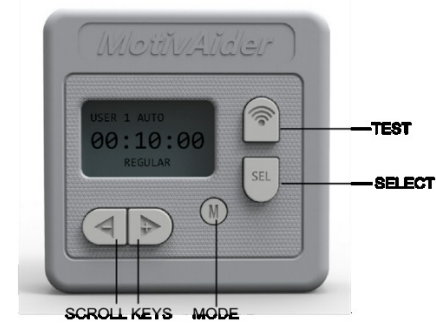
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How to Prevent Unwanted Access to Advanced Settings * [Video](#) ▶

If you'd like, you can prevent unwanted access to all of the MotivAider's Advanced Settings. (A teacher, for example, might use this feature when setting up a MotivAider for use by a student.)

To enable LOCK, from the HOME screen, hold down TEST and SEL at the same time until "LOCK" appears on the screen. To UNLOCK, hold down TEST and SEL at the same time until "LOCK" disappears.



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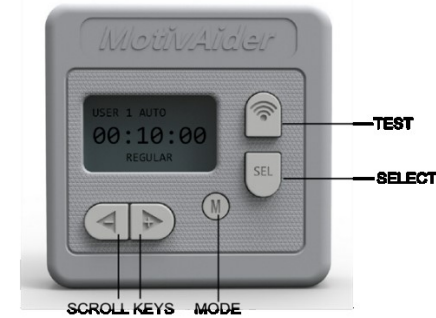
The Gen5 MotivAider allows you to pause and resume the countdown to the next vibration signal. Pause *suspends* or *freezes* the countdown. Resume continues the countdown from the point where you suspended it.

Using Pause/Resume is different from *stopping* and *starting* prompting. When you *stop* prompting (by pressing and holding M), you are *ending* rather than suspending the countdown. For example, suppose you've entered a time interval of 10 minutes. If you hold M to *stop* prompting after 7 minutes and you then *start* prompting again, you'll receive a vibration signal in 10 minutes. In contrast, if you Pause the countdown after 7 minutes, you'll receive a vibration signal 3 minutes after you Resume the countdown.

The Pause/Resume feature is primarily intended to serve the needs of teachers, behavior analysts, researchers and others who may need to systematically observe a student's behavior and/or administer a certain intervention. For example, suppose a research assistant needs to be prompted to observe and document a particular aspect of a student's behavior every 10 minutes that the student is in her seat. Pausing the countdown when the student leaves her seat and Resuming the countdown when she returns will ensure that observations are being made at the desired frequency.

Because using Pause/Resume consumes more battery power than stopping and starting prompting, we recommend using Pause/Resume only in situations where it's necessary to suspend the countdown. Especially when you won't be receiving vibration signals for an extended period of time, such as overnight, whenever possible, use stop and start prompting rather than Pause/Resume.

To PAUSE the countdown, hold down SEL and M at the same time until the countdown stops (it will take a couple of seconds). **To Resume** the countdown, hold down SEL and M at the same time until the countdown starts again.



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Installing and Removing the Belt Clip [Video](#)

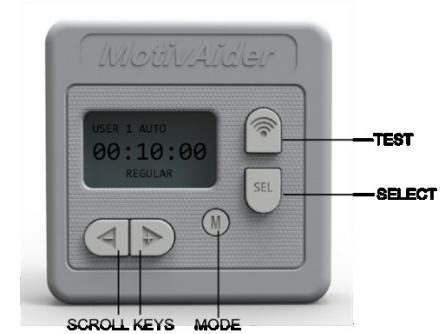
To remove the belt clip, use a screwdriver to loosen the screw that secures the belt clip to the case, then push the clip downward towards the bottom of the case to free the clip.

We recommend periodically checking the belt clip screw with a screwdriver to make sure that it's as tight as possible.

IMPORTANT: If you're going to use the MotivAider without the clip, be sure to fully tighten the screw after removing the clip.

To reinstall the clip, first loosen the screw, then position the clip against the case back between the vertical guides with the round opening in the clip over the screw. Next, push the clip up as far as it will go, then fully tighten the screw.

NOTE: A special lock washer located between the screw head and belt clip helps keep the belt clip securely attached to the case. When reinstalling the belt clip, please make sure that the lock washer is placed between the screw head and the belt clip rather than between the belt clip and the case. *Note that in order for the lock washer to do its job, the screw must be tightened as fully as possible.*



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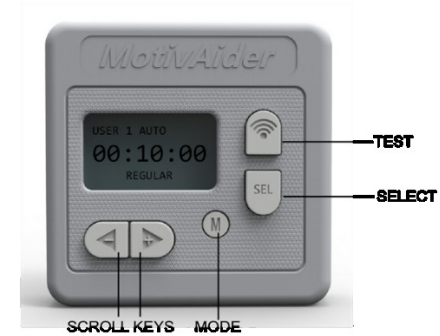
About the Battery [Video ▶](#)

The Gen5 MotivAider comes with a single industrial alkaline AA battery. We recommend that when you replace the included battery you replace it with a longer-lasting 1.5 volt, 3000 mAh AA *non-rechargeable* lithium battery, such as the [Energizer® Ultimate Lithium battery \(L91\)](#).

When battery power is low, you'll see a "LO BATT" warning on the screen. However, the battery should be replaced sooner if you notice significant fading of the display or weakening of the vibration signal.

To change the battery, first loosen the screw that secures the belt clip, then push the clip downward towards the bottom of the case so you can access the battery compartment by pushing up on its cover. After installing a new battery, close the battery compartment cover, then slide the belt clip all the way back up into place, then fully tighten the screw. (See *Installing and Removing the Belt Clip* for more detailed instructions.)

The MotivAider will retain all your settings when you remove the battery. In fact, you can store your MotivAider for weeks or months without a battery, and all your settings will be there when you're ready to use the MotivAider again.



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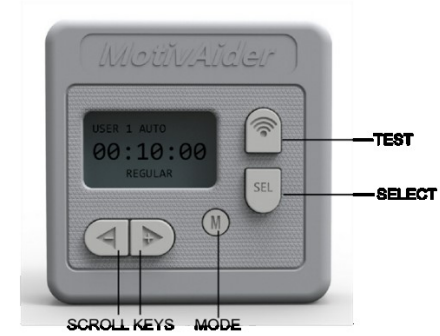
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Warranty

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 was purchased from us or one of our authorized resellers.

This warranty does not cover defects caused by unreasonable use or damage. 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.



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Support

Click [here](#) or visit HabitChange.com and click on the User Help tab to

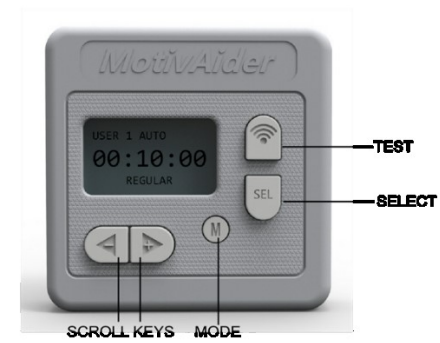
- Get help and free resources
- Register your MotivAider
- Join one of our email lists to receive updates, user tips and news

Contact Us

Questions, Comments, Problems?

Please, please, please don't ever hesitate to contact us. We're always eager to help!

Email:	info@habitchange.com
Phone:	1-800-356-1506 +1 218-681-6033
Fax:	+1 612-437-4784
Web:	HabitChange.com
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