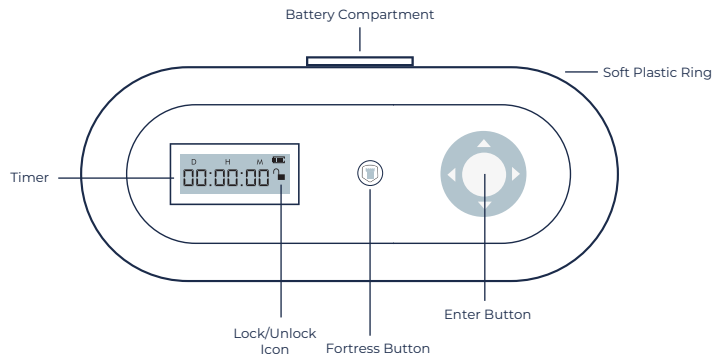


1 QUICK START GUIDE



- Remove the soft plastic ring around top lip of the Mindsight Lockbox, the battery compartment is underneath this ring
- Once the ring is removed please remove the battery cover and insert the 2 x AA Alkaline batteries provided
- Place the soft plastic ring back around the top of the Lockbox
- Once batteries are inserted your Lockbox will be ready to use

2 MODES

The Mindsight Lockbox has 3 Distinct modes

Lockbox Only

For situations where you need to lock something up but don't want a timer. For example to put a phone inside to avoid checking while eating dinner with family or friends. It does **NOT** require a timer to be set, you can simply use as a lockbox/safe by pressing and holding the Enter button for 5 seconds. This will lock the box which can then be unlocked at anytime by pressing:



Standard Mode

For situations when you want to lock something up and requires a timer to be set. For example, when you want to detach from your phone to be more present and spend quality time with your loved ones without distractions. It can be opened at anytime by pressing:



Fortress Mode

For situations where you are trying to build better habits and need to lock away items to help self control. For example, locking away cigarettes, unhealthy snacks, or as a parenting time out tool. It requires a timer to be set and **CANNOT** be opened until the timer countdown is completed.


Please be mindful of enabling Fortress Mode with any items that you may need in an emergency

Please use extra caution on selecting the mode and using the 15 second countdown to undo if accidentally selected

Please contact support@mindsightnow.com if you need to override Fortress Mode, we will respond within 24hrs

3 SETTING THE TIMER

Standard and Fortress Mode

- Press the Enter button to begin setting the timer.
- Select Commitment Mode by pressing Fortress button  ON/OFF, it will be solid if Fortress Mode selected
- Use arrow buttons to adjust Day/Hour/Minute and to set the timer to your desired length. Minimum time of 1 minute and maximum time of 30 days
- Once duration has been entered press the Enter button to confirm. There will be a 15 second countdown before the box is locked. If you wish to change or cancel the duration or mode you can push any of the arrows to cancel and start the process over again

4 CHANGING THE BATTERIES

- Average battery run is approximately 3 months but will depend on battery brand
- If the batteries are removed or run out while timer is in progress, the box will remain locked and the timer and lock with automatically resume where it left off when new batteries are installed



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Care & Use

1. Multiple uses! Control over devices, smoking habits, snacks, time-out tool for kids, or anything else distracting you from your goals.
2. Consider keeping in the open while not in use as a reminder to use more regularly and out of sight while a timer/lock is active.
3. Try keeping track of your uses on sticky note or journal to reinforce your successes and build natural habits to stay focused.
4. Start with a smaller timer goal and increase it over time to gradually make your focus time a normal part of your routine.

Problems or need help?

Write us: support@mindsightnow.com

Our Promise

Mindsight guarantees this product against manufacturer defect in material or workmanship. If this product fails to perform according to specifications, contact us so we can help!

No claims, representations or warranties, whether express or implied, are made by both our companies as to the safety, reliability, durability and performance of any of our companies' products. Furthermore, our company accepts no liability whatsoever for the safety, reliability, durability and performance of any of our companies' products.

FCC compliance statement

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:

- (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Caution:

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Information to user:

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation.

This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.



MINDSIGHT

TIMED LOCKBOX

Instruction Manual



Mindsight
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Camden, DE 19934
www.mindsightnow.com

Item name: Timed Lockbox
Item no: MS - 003 / MS - 065