

## Common Questions

### Why should I track my habits?

40% of the choices we make each day are based on habit, not conscious thought. Once a habit is formed--good or bad--that behavior will go on autopilot and become a default. That is why it is important to create habits that work toward health and happiness.

Research shows it takes about 66 days to form a new habit. Our apps are designed to help people be successful in changing habits by holding them accountable and offering reminders and rewards along the way. Users report that the act of recording their efforts daily helps them stay motivated.

Our apps also provide reminders if you get off track and use your own motivational cues to help you keep your goals in mind. Along the way, you can share your progress with others via email or Facebook, earn badges and reach new milestones. The goal is to motivate and reward you for making the changes you wanted to make!

If you are interested in further reading about habits and changing behavior, we can recommend "The Power of Habit" by Charles Duhigg and also work from researcher B.J. Fogg of Stanford.



### How do I start?

We have a few options for getting to know the app!

If you are able to watch YouTube streaming, there is a [demo film for My Pocket Coach](#). We have a [demo for Healthy Habits as well](#). Several of our apps have similar user interfaces, so you may find these useful for our other apps as well.

We also have a walkthrough for My Pocket Coach which describes in detail the features of the app and how to get started with setting up habits, goals, and some of the other basics. If you are using a different habit tracking app, you may still find it helpful to learn about the process.

Most general app information is addressed in the Help section of our apps, however, you are welcome to contact us at any time with questions. Even if it is to tell us that something is too confusing; we want to know.

## **Putting your app on a new device.**

You are welcome to install the app on multiple devices. There is no additional cost if you log in with the same account and download the same app. (If you are using Healthy Habits, please check that it is the same version.) If you have an upgraded lite version, you will need to redo the upgrade process for each device. Once you approve the upgrade, iTunes will confirm that you have already made this purchase and you will not be charged again. If there is any problem, please contact us.

We do not currently have a sync function, so each of your devices will have separate data. When you first download the app to a new device, you can bring it up to speed with your previous device by using the backup/restore feature. This will provide a one-time data transfer to get you started. The backup feature can be found in the Main Menu under Backups.

## **How do I undo an entry?**

To delete an accidental entry, click on the Edit button and select "Undo." (For certain apps, click the Menu tab for the Undo option.) You will see a red 'return' arrow next to your habits. Click on the red arrow next to the habit for which you wish to undo an entry. When you have finished, press the "Done" button.

If the click was from a previous day, use the arrow next to the date bar to toggle to the day you wish to make the changes, and click on the return arrow. (Or click the Menu tab and select Past to bring up the date bar.) Press Done to exit the Undo mode and use the arrow toggles to return to the present day.

The date bar also allows you to add habit entries if you have forgotten. Follow the above steps without accessing the Undo function.

## **What is a coach's code and how can I get one?**

A coaches code is available through your provider (your coach or wellness company, etc.) If you are not working with someone who has a coaches code to unlock those features, the same features are available in the app through a paid upgrade. You can upgrade the app through the menu under the "Help" section. If you attempt to add more than three habits, you will get a pop up requesting an upgrade, so you can access it that way as well.

If you are a provider interested in using My Pocket Coach for your employees or clients, please have a look at our [My Pocket Coach Pro page](#) for further information.

### **I want to break a habit. How do I set it up?**

To use the break habit feature, set up a habit like SMOKING and set it to BREAK. Then you will click each time to record an action when you do smoke. The app will track the number of times you smoke.

As you might imagine, there are some challenges in having an app track a non-event. It will keep track, but the “credit” is actually calculated the next time you tap on the habit. At that time, the app knows how long it has been since you last tapped and will award credit accordingly.

We have found that it often helps to frame a negative behavior into a positive one. This also has the additional benefit of being able to record something when you avoid the behavior. For example, instead of ‘breaking’ the habit of smoking, create a habit called “smoke-free day” and tap for each time you go all day without smoking. Then you will see the progress you made in avoiding this behavior.

### **I have a suggestion...**

Please email us at [support@2morrowinc.com](mailto:support@2morrowinc.com). You can also contact us through the app. We very much want to hear from our users, whether you need help with an issue or would just like to tell us what you think about our apps.