Installation Instructions
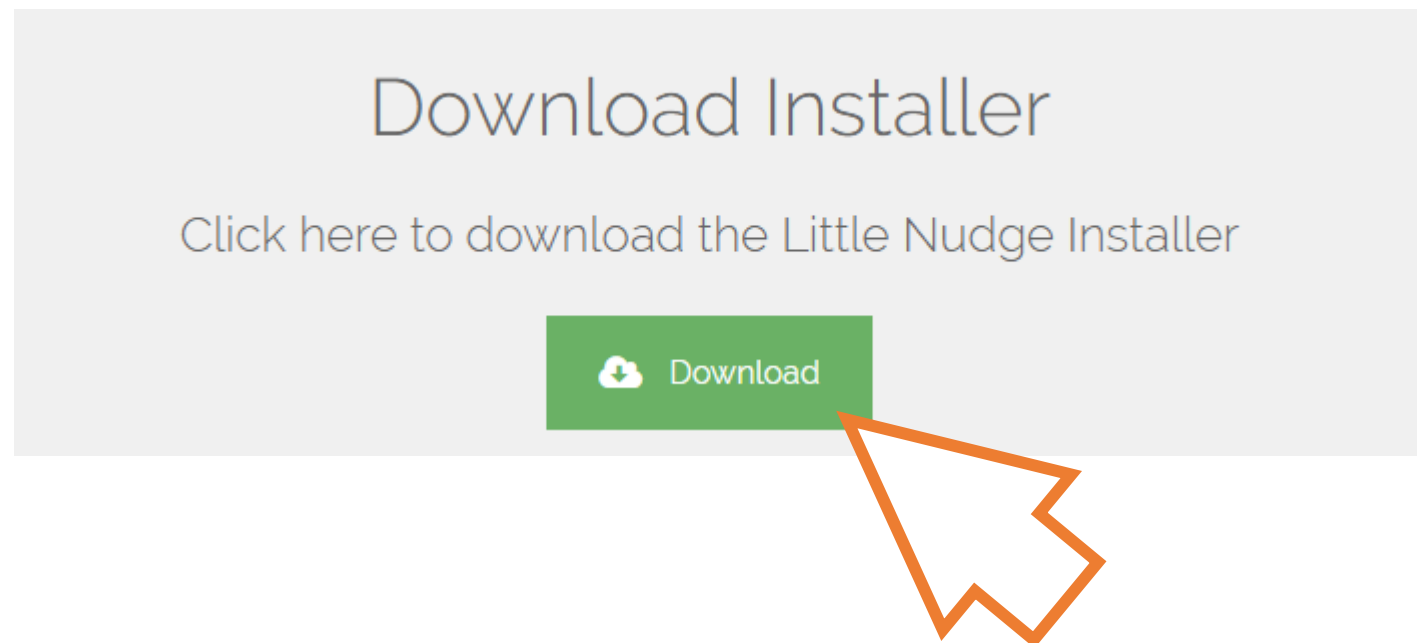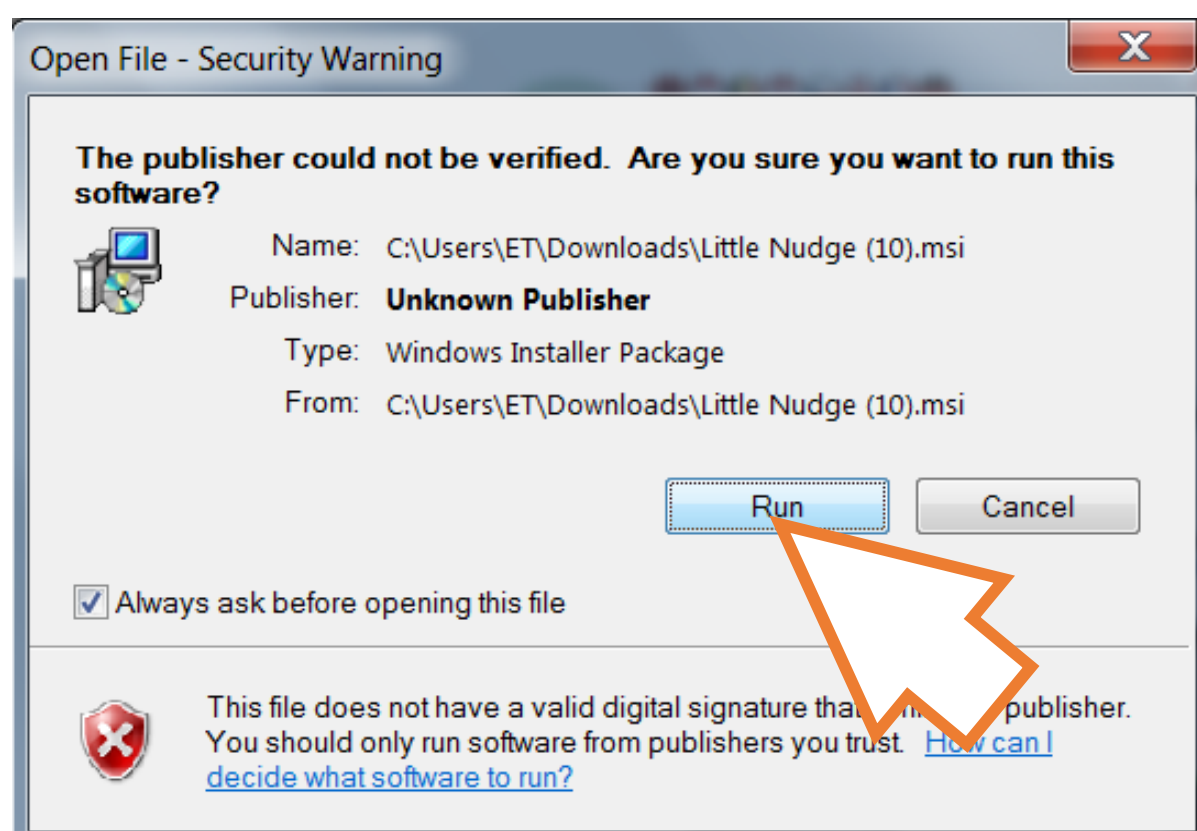
1. Download Little Nudge:
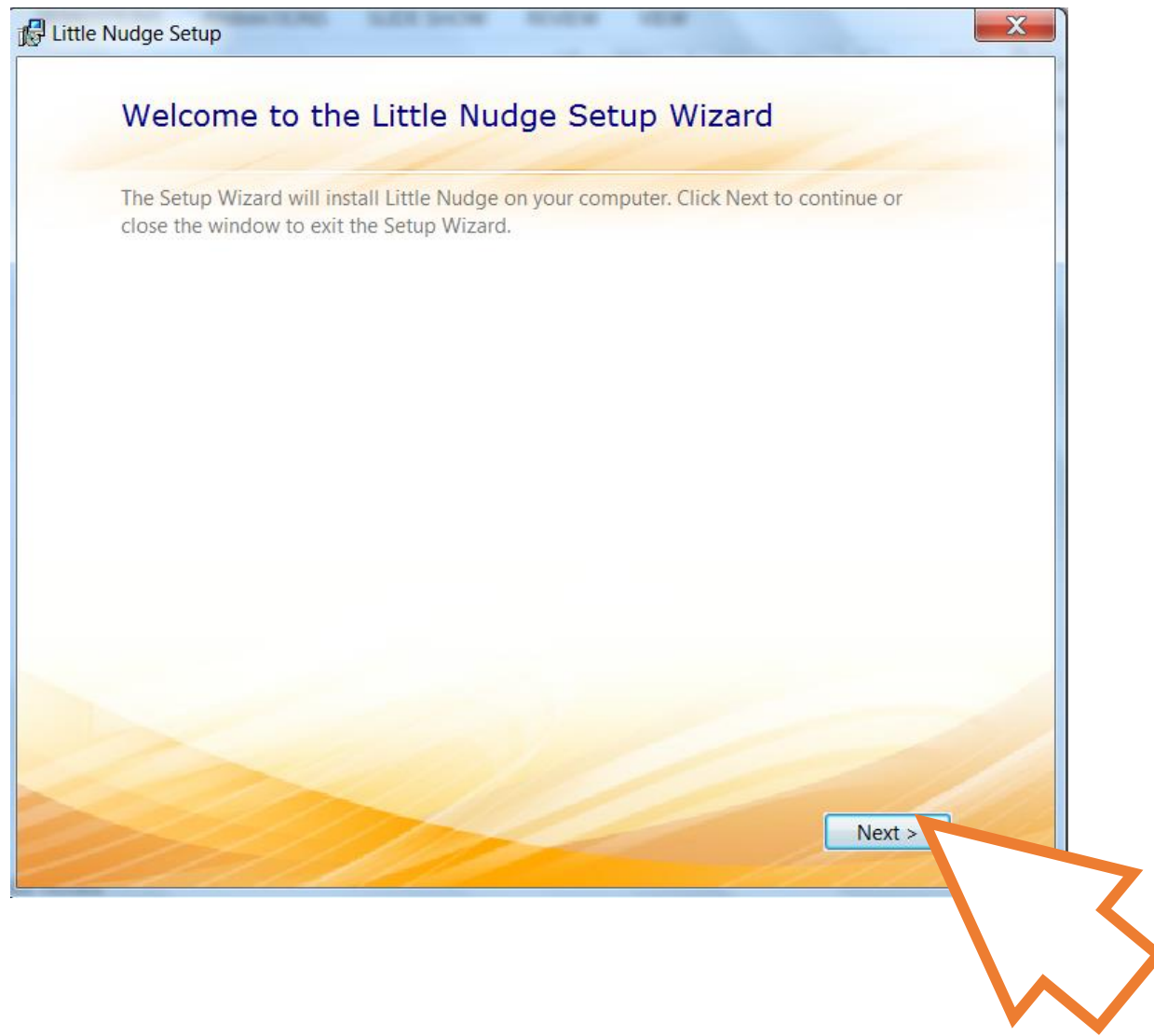
Download Installer

Click here to download the Little Nudge Installer

Download

2. Open the downloaded file:

Open

Always open files of this type

Show in folder

Cancel

Little Nudge (10).msi

3. Click 'run':

Open File - Security Warning

The publisher could not be verified. Are you sure you want to run this software?

Name: C:\Users\ET\Downloads\Little Nudge (10).msi
Publisher: **Unknown Publisher**
Type: Windows Installer Package
From: C:\Users\ET\Downloads\Little Nudge (10).msi

Run   Cancel

☑ Always ask before opening this file

This file does not have a valid digital signature that verifies its publisher. You should only run software from publishers you trust. How can I decide what software to run?
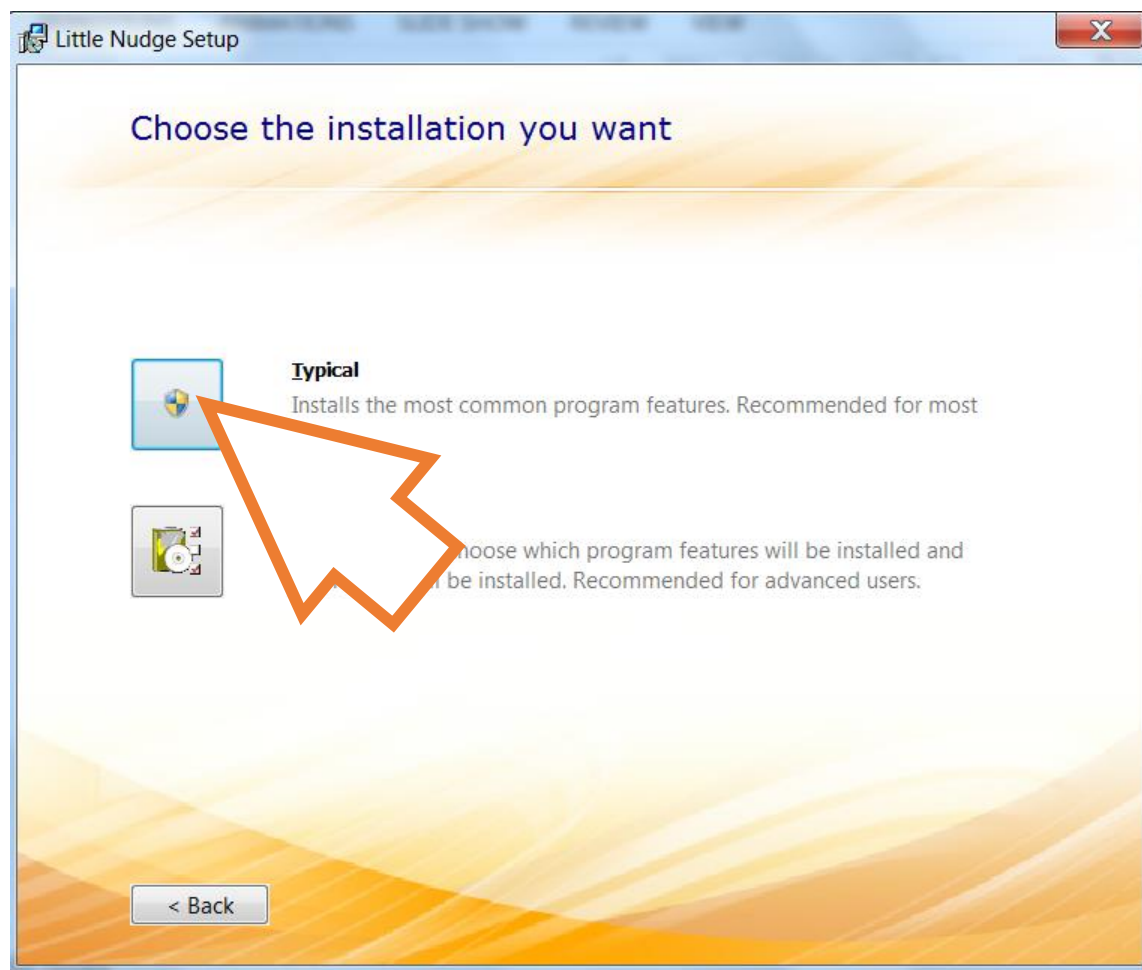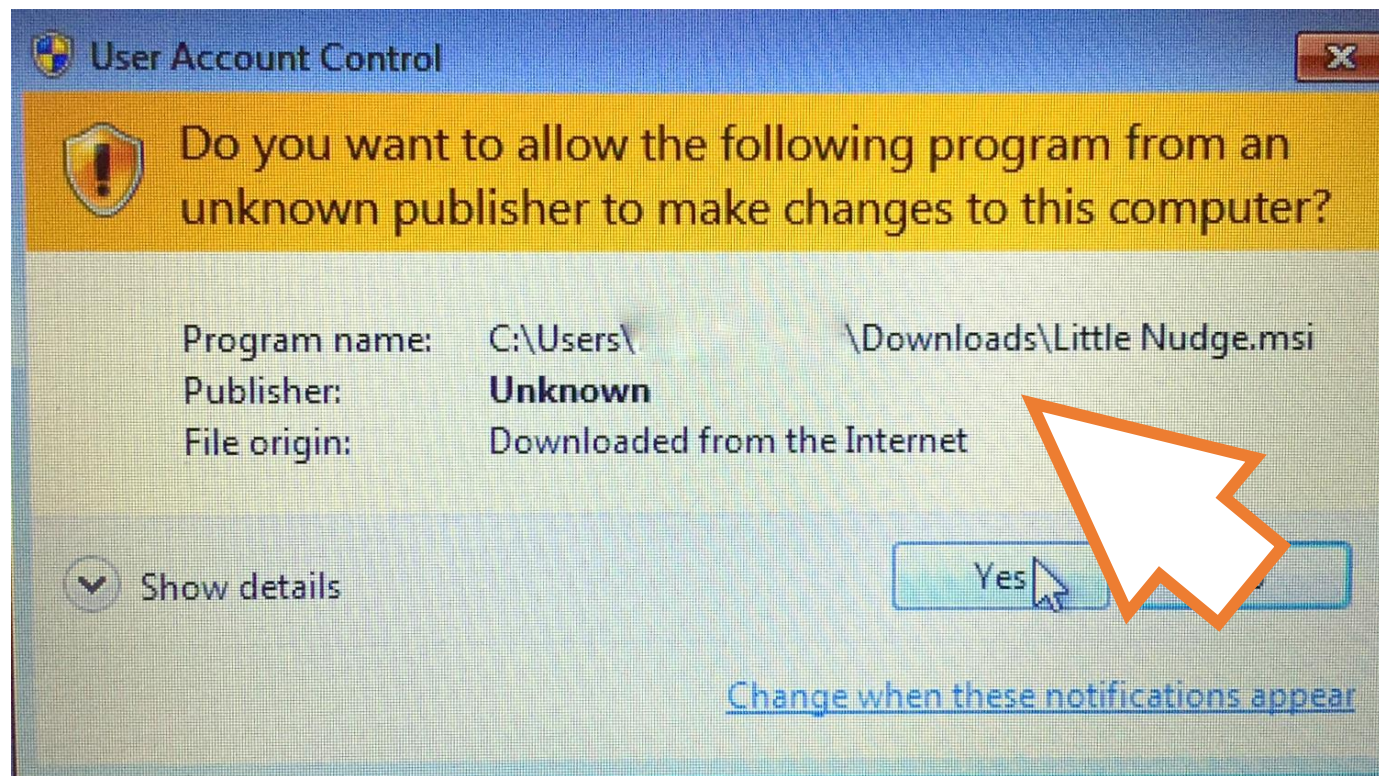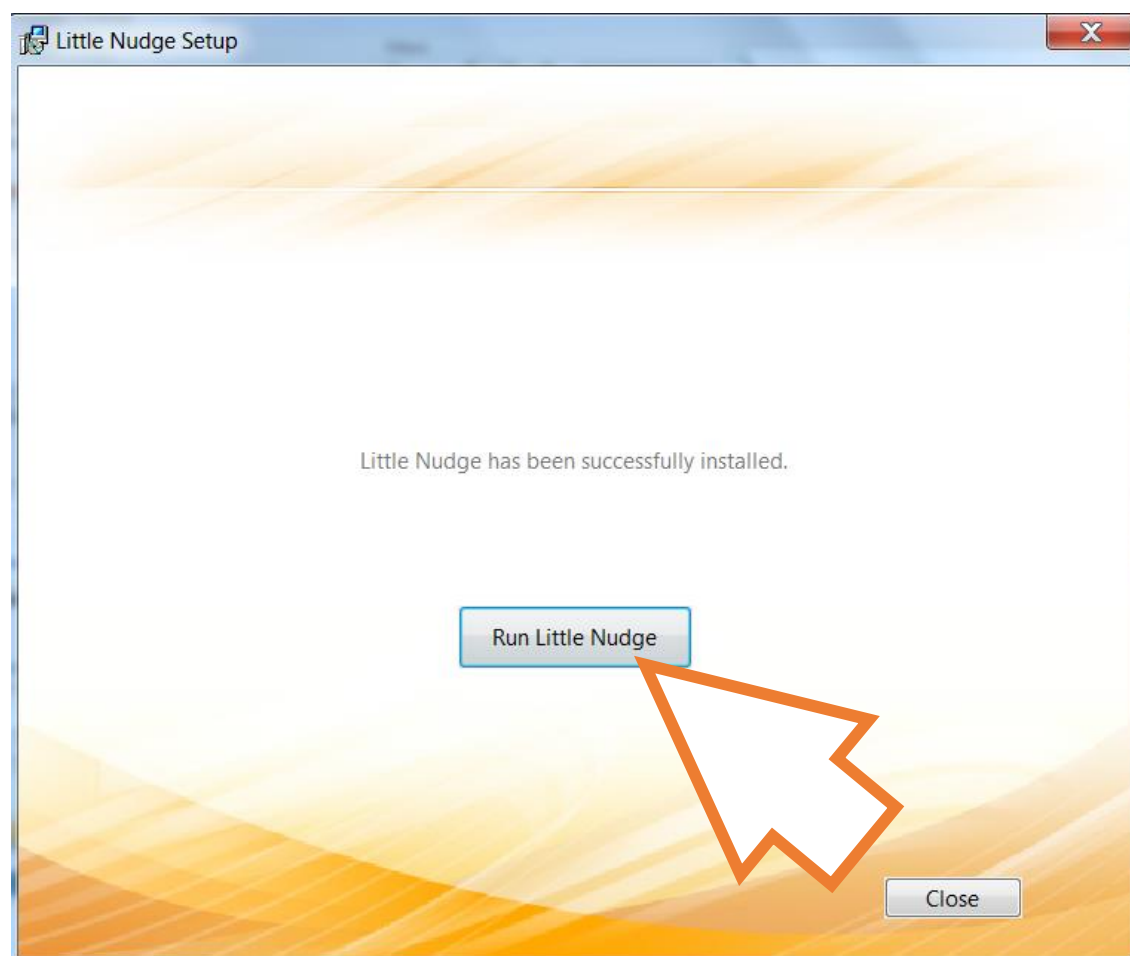
4. Click 'next':

5. Click 'typical':

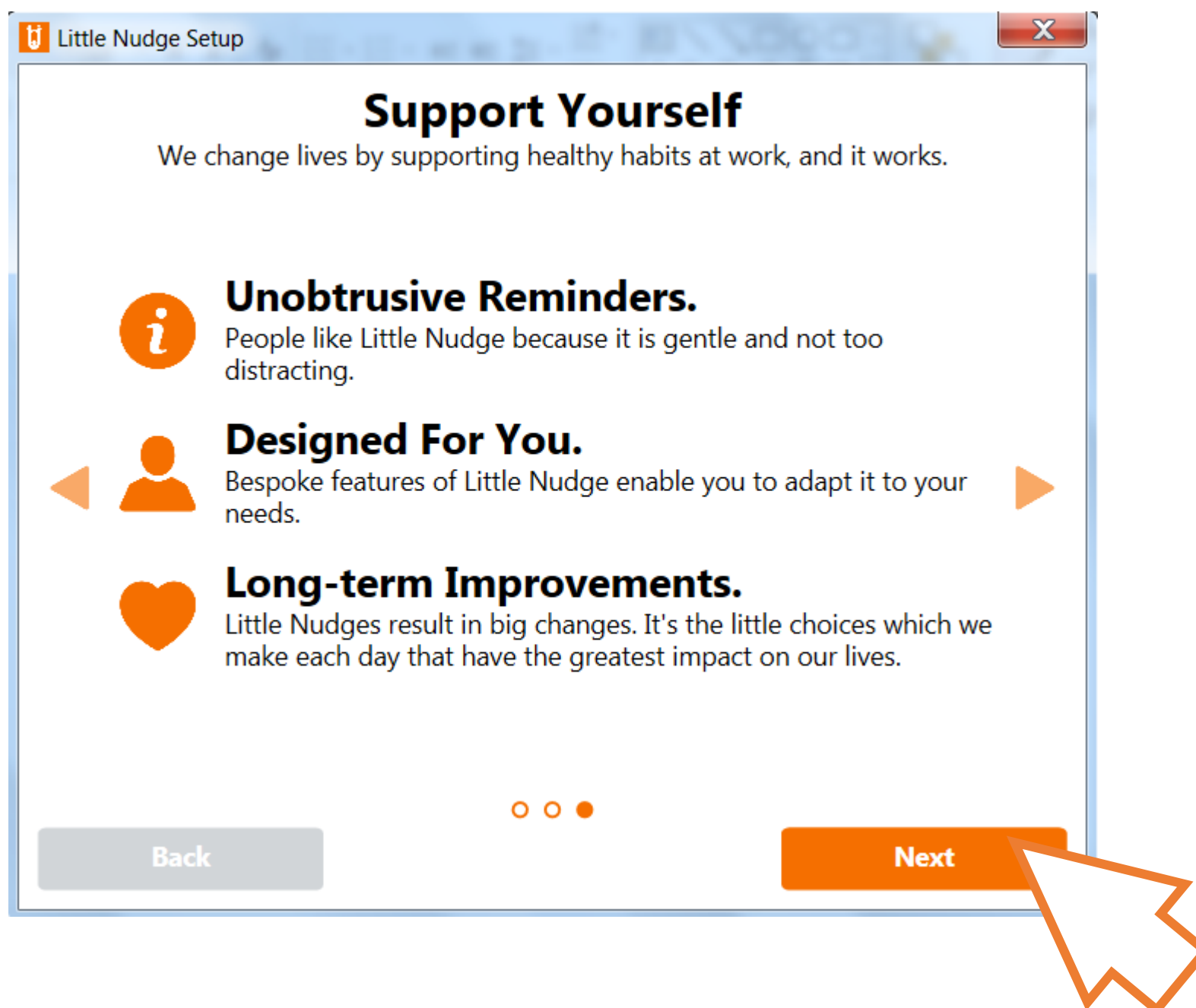6. A message similar to this may appear on your screen. Click 'yes':
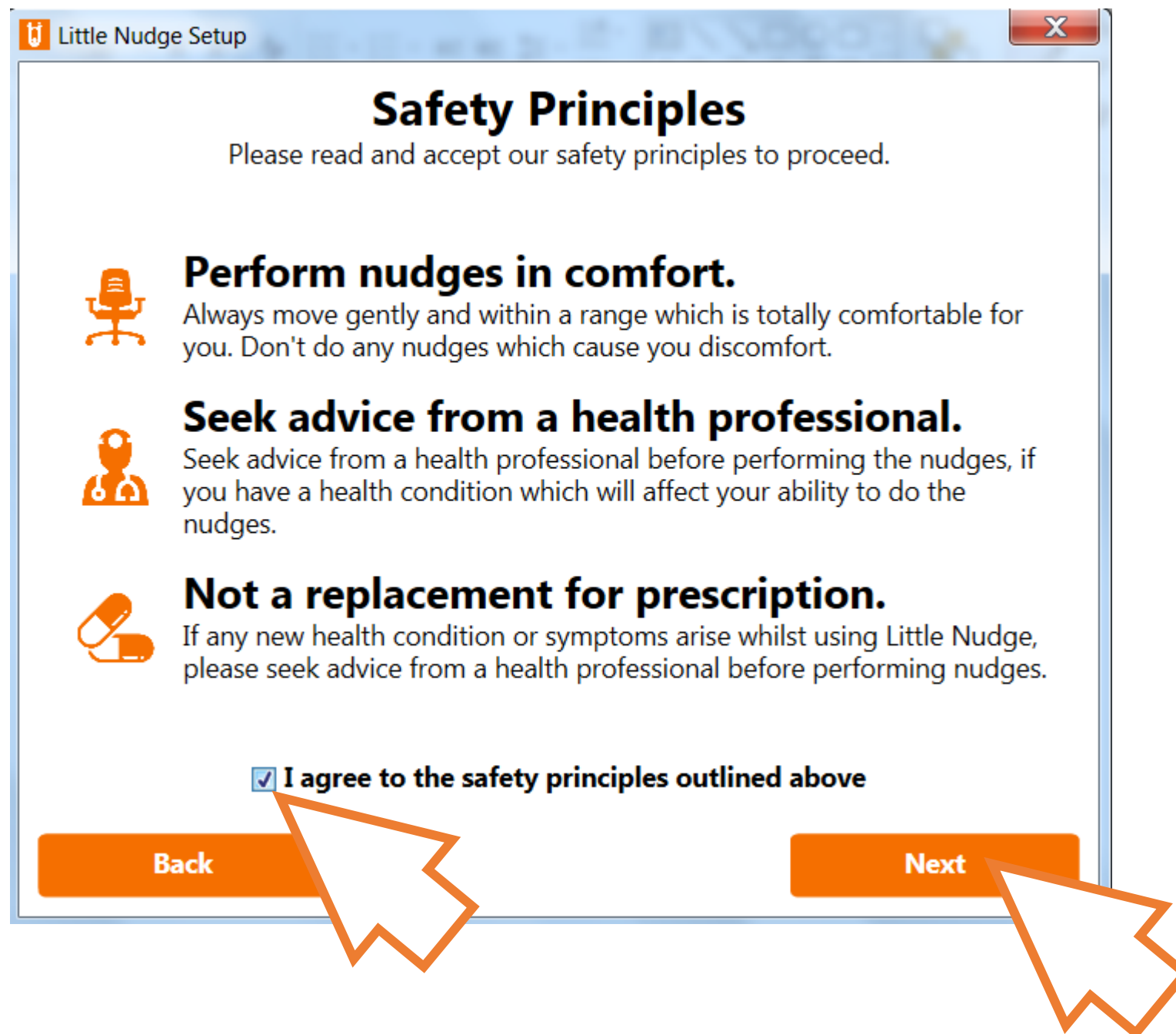

7. Click 'Run Little Nudge':

8. Watch the Introductory video. Then read more introductory information by clicking the arrow to the right twice.
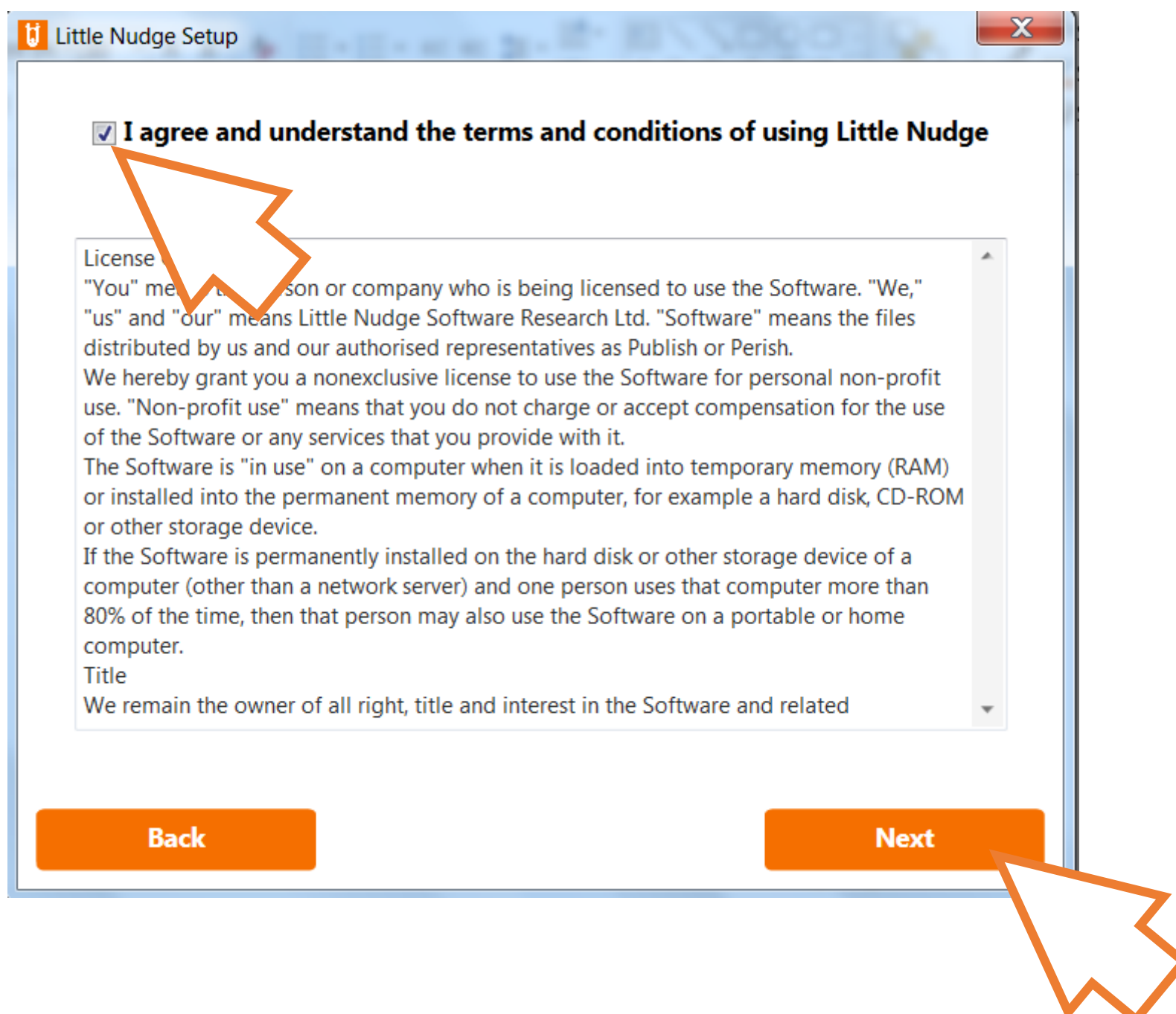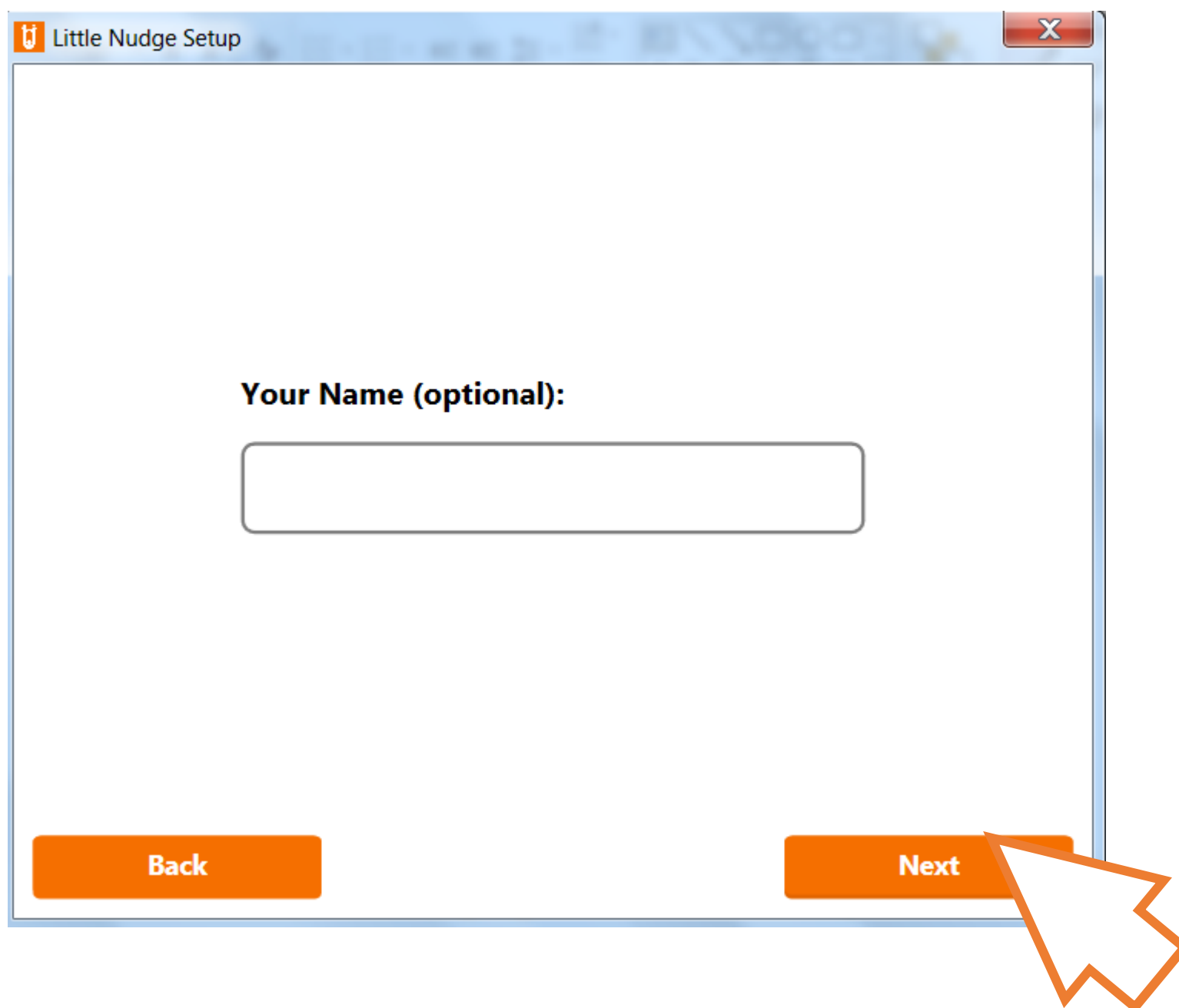

9. Click 'Next':

10. Read and Agree the Safety principles. Click 'next':

Safety Principles
Please read and accept our safety principles to proceed.

Perform nudges in comfort.
Always move gently and within a range which is totally comfortable for you. Don't do any nudges which cause you discomfort.

Seek advice from a health professional.
Seek advice from a health professional before performing the nudges, if you have a health condition which will affect your ability to do the nudges.

Not a replacement for prescription.
If any new health condition or symptoms arise whilst using Little Nudge, please seek advice from a health professional before performing nudges.

☑ **I agree to the safety principles outlined above**

Back   Next

11. Read and agree the terms and conditions. Click 'next':

☑ **I agree and understand the terms and conditions of using Little Nudge**

License
"You" means the person or company who is being licensed to use the Software. "We," "us" and "our" means Little Nudge Software Research Ltd. "Software" means the files distributed by us and our authorised representatives as Publish or Perish.
We hereby grant you a nonexclusive license to use the Software for personal non-profit use. "Non-profit use" means that you do not charge or accept compensation for the use of the Software or any services that you provide with it.
The Software is "in use" on a computer when it is loaded into temporary memory (RAM) or installed into the permanent memory of a computer, for example a hard disk, CD-ROM or other storage device.
If the Software is permanently installed on the hard disk or other storage device of a computer (other than a network server) and one person uses that computer more than 80% of the time, then that person may also use the Software on a portable or home computer.
Title
We remain the owner of all right, title and interest in the Software and related

Back   Next

12. Fill in your name if you want to. The software may use the name when giving you nudges if you do this.

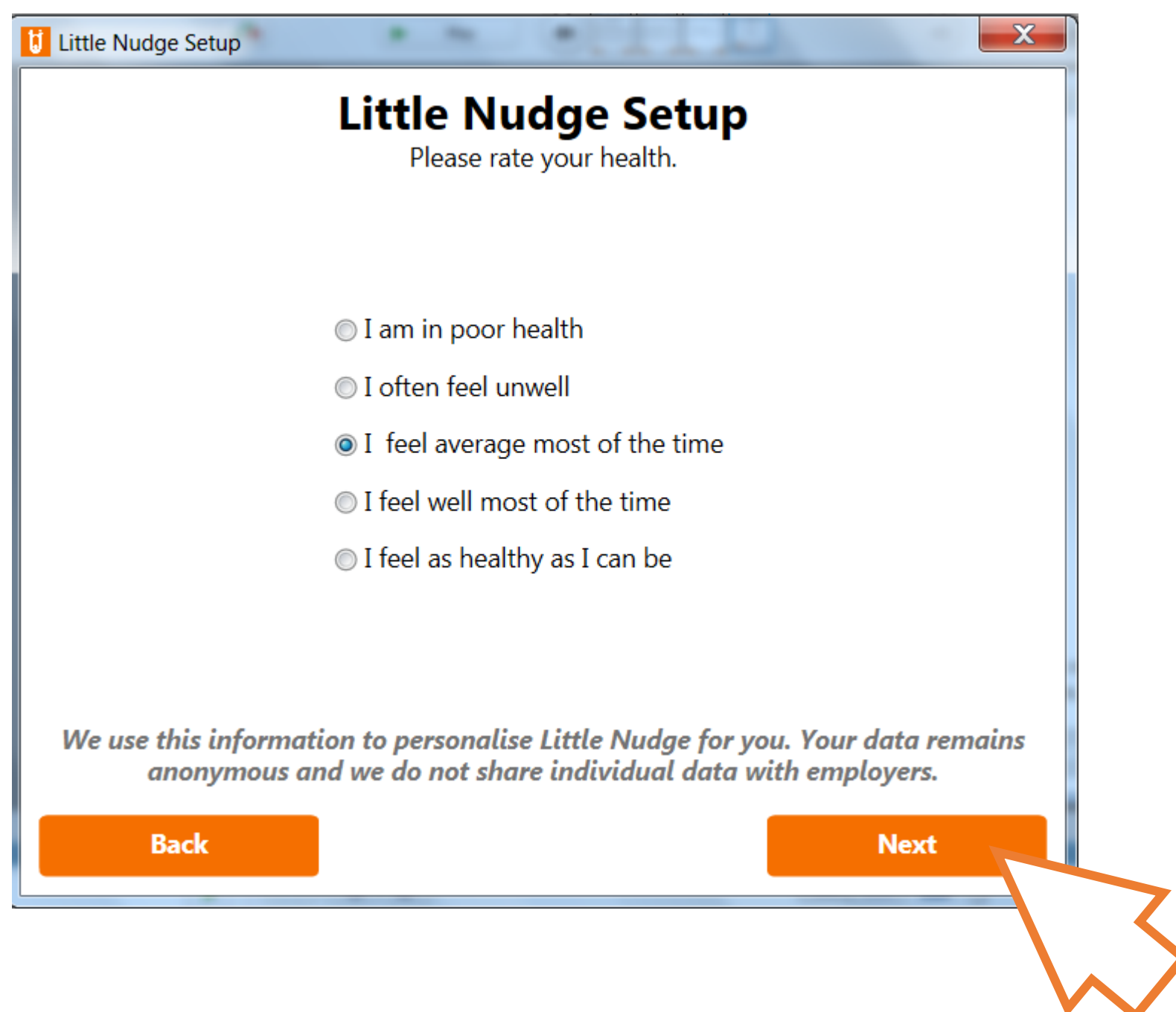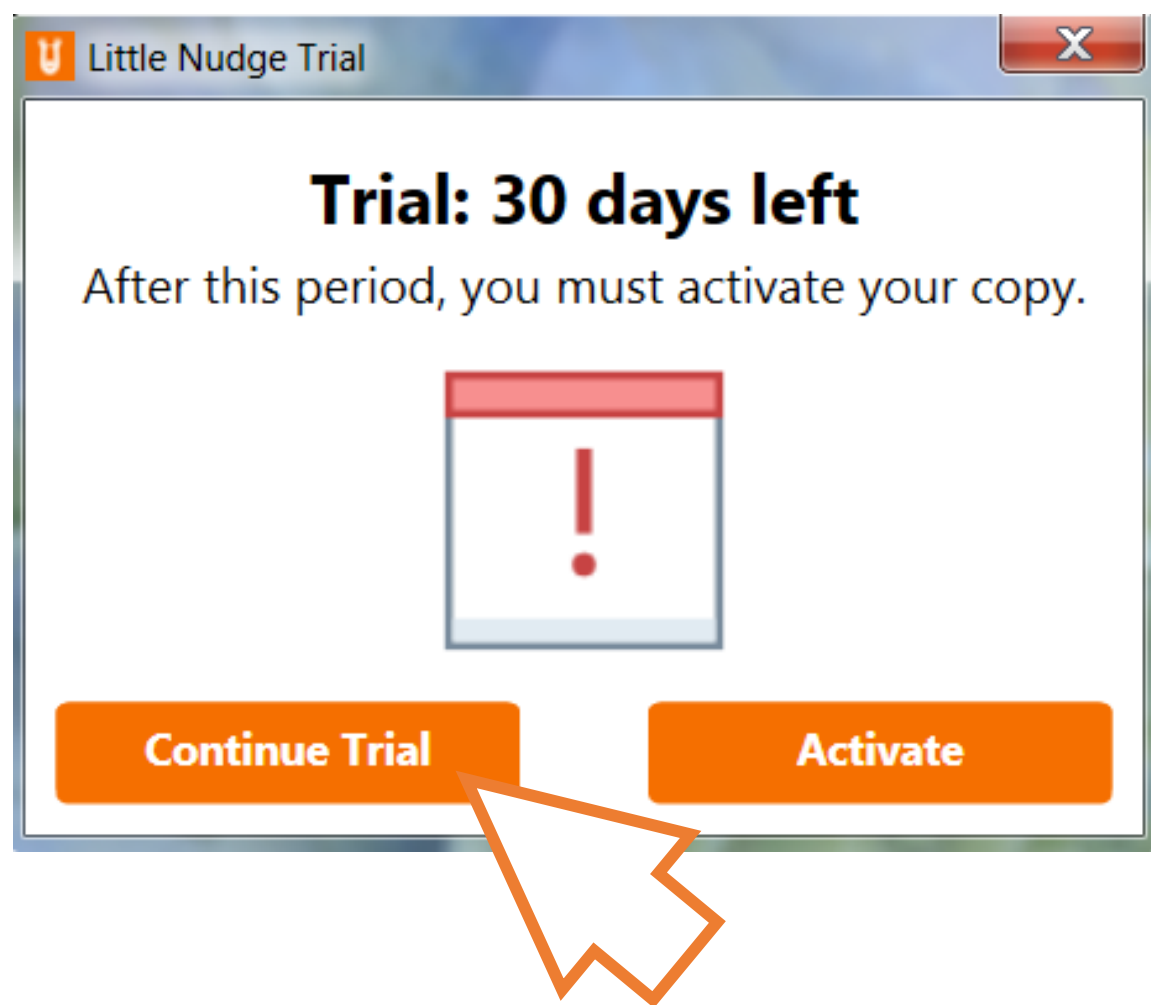13. Answer several questions about your health
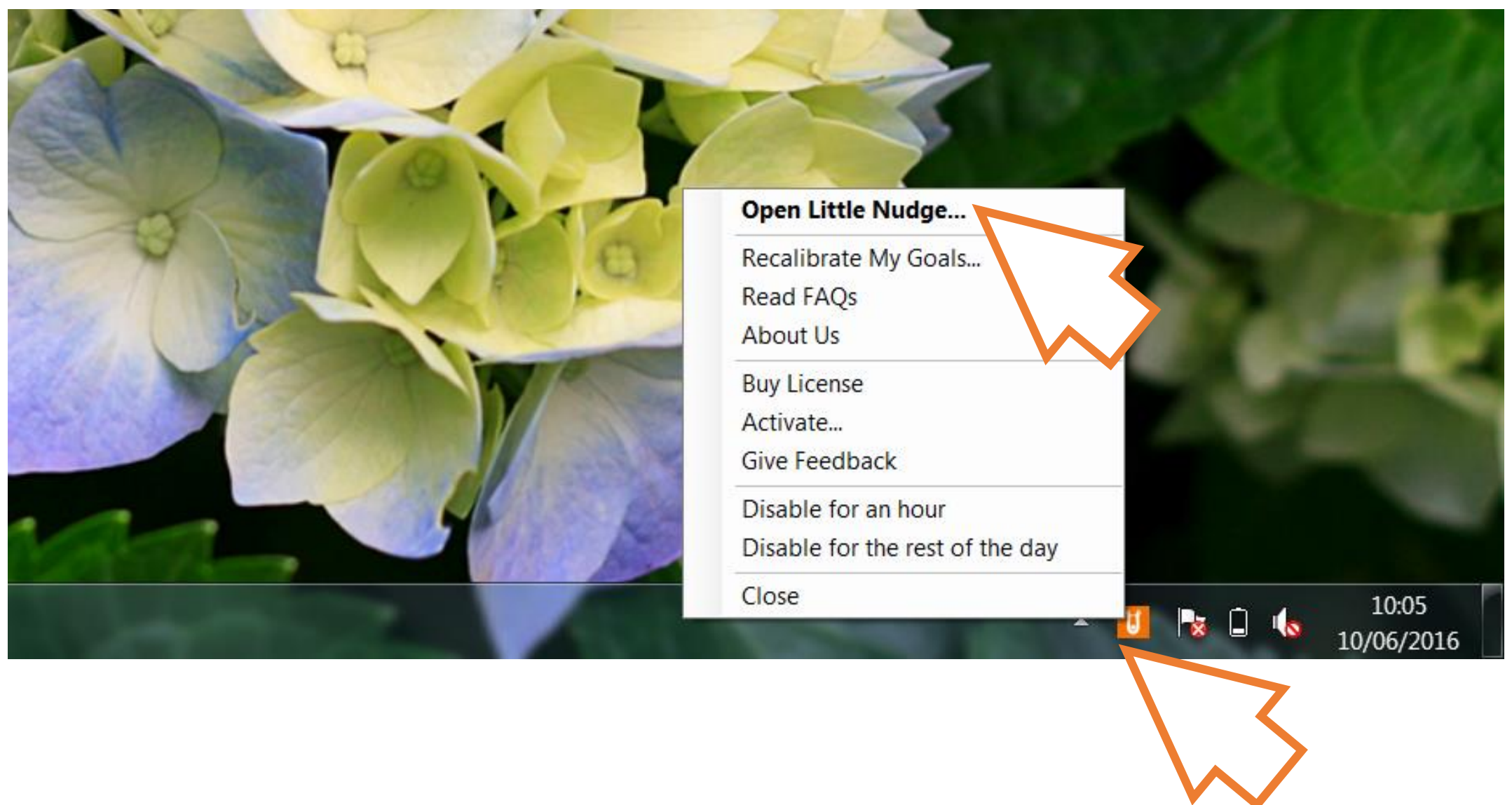
14. Choose at least 3 goals:
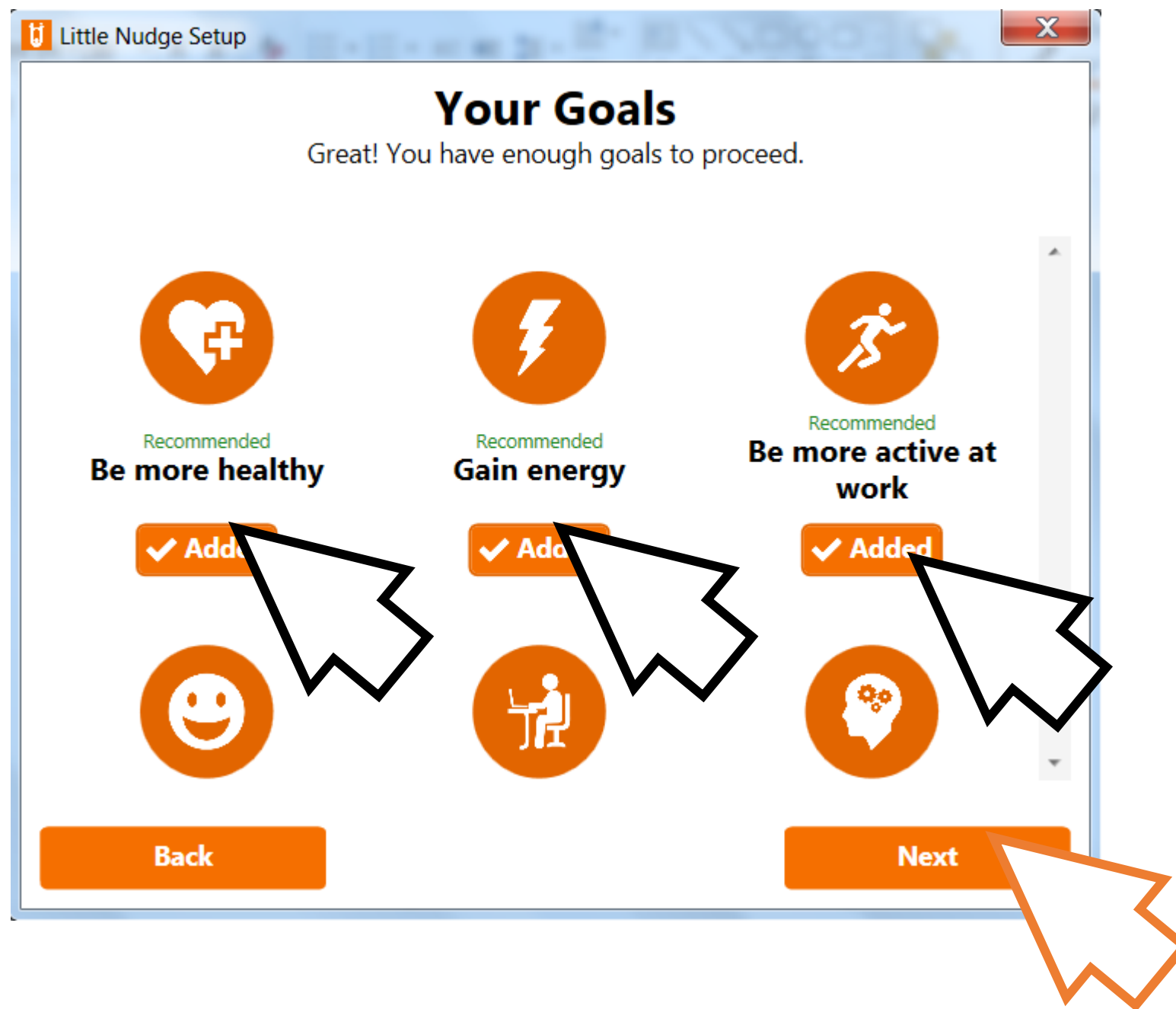
15. Click 'Finish':
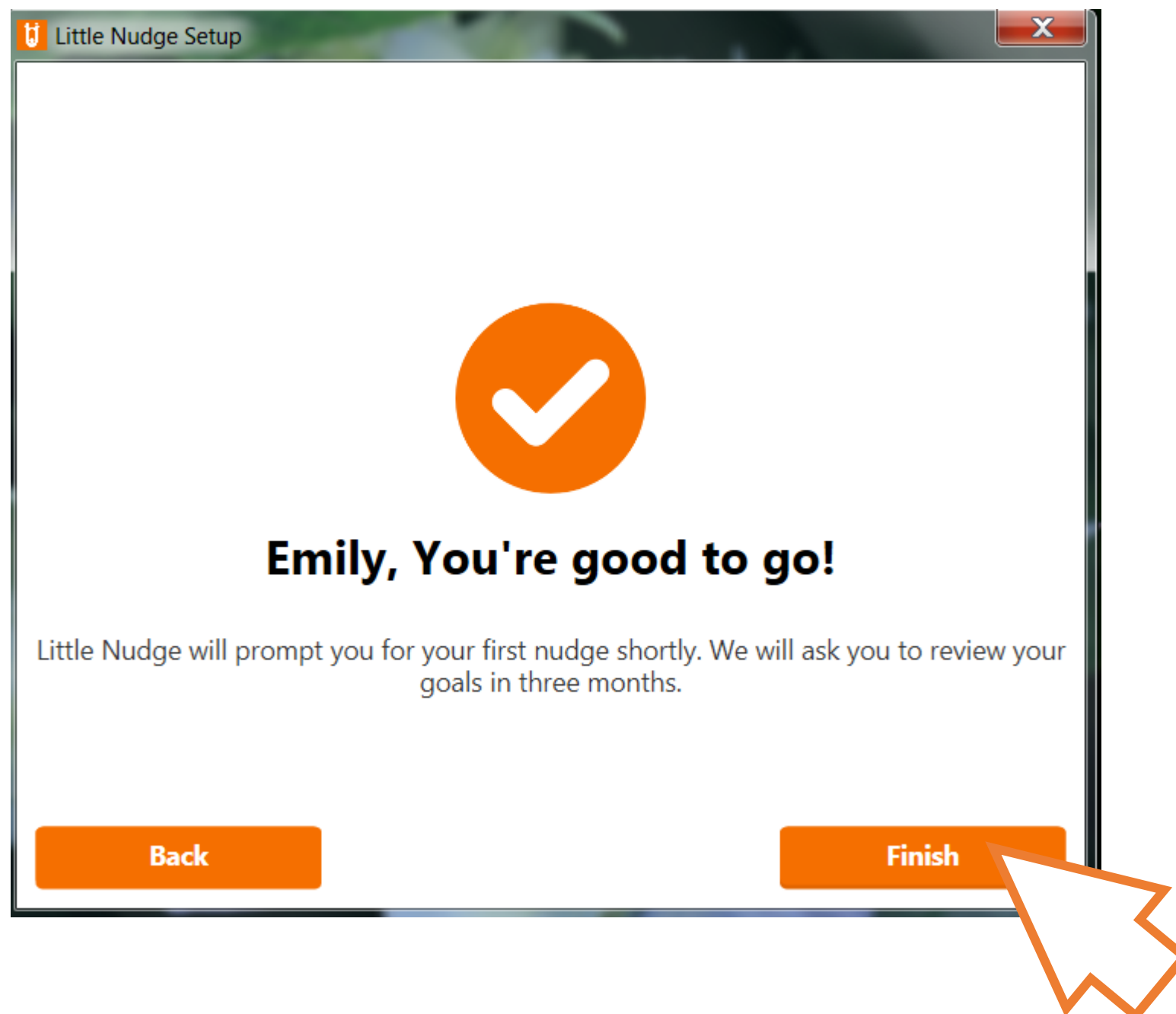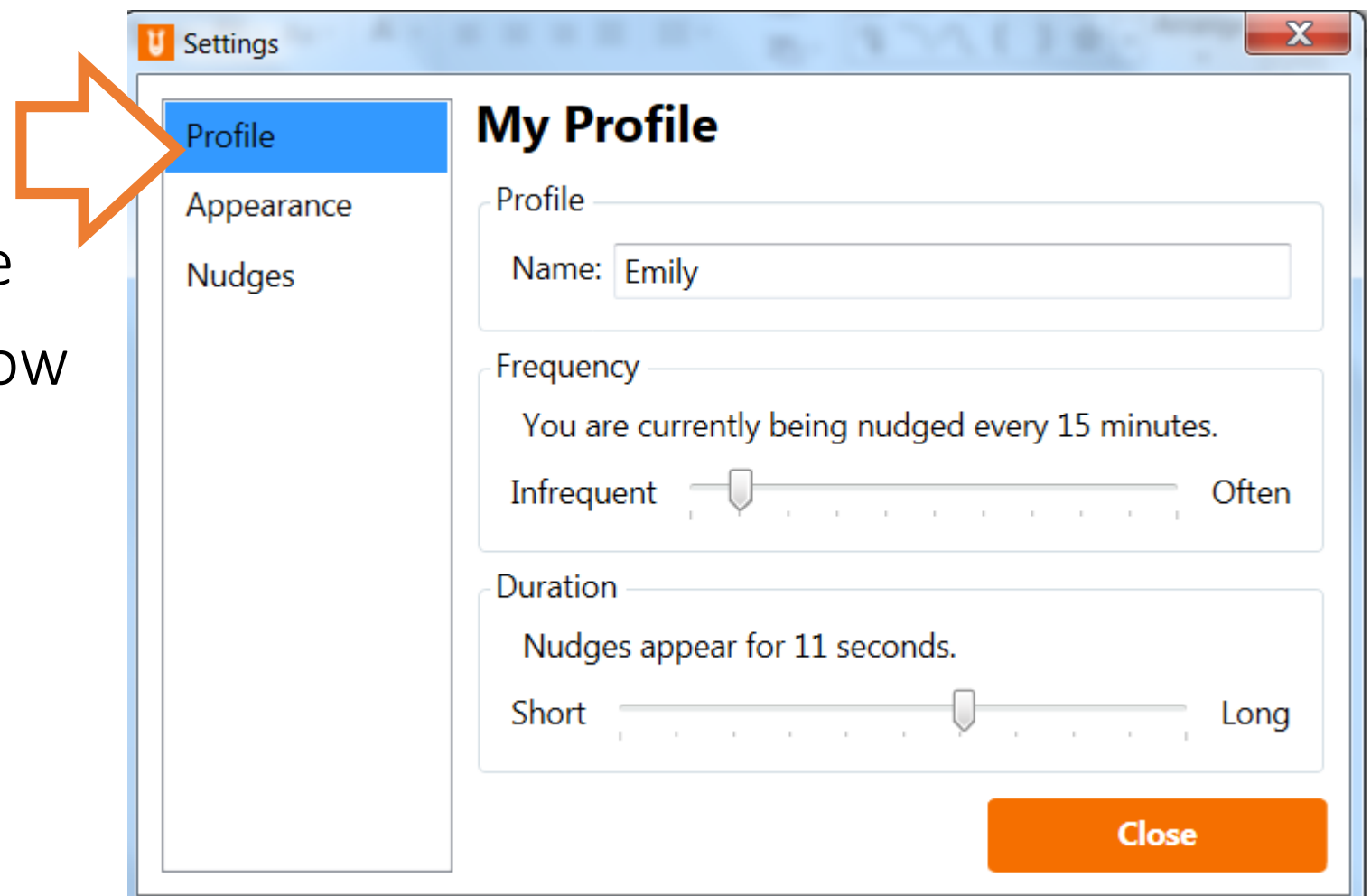
16. Press 'Continue Trial':

17. To adjust your settings, right-click the Little Nudge icon on your tool-bar and click 'open Little Nudge':

Adjusting your settings

Profile:

Choose how often the nudges appear and how long they stay on the screen for.

Appearance:

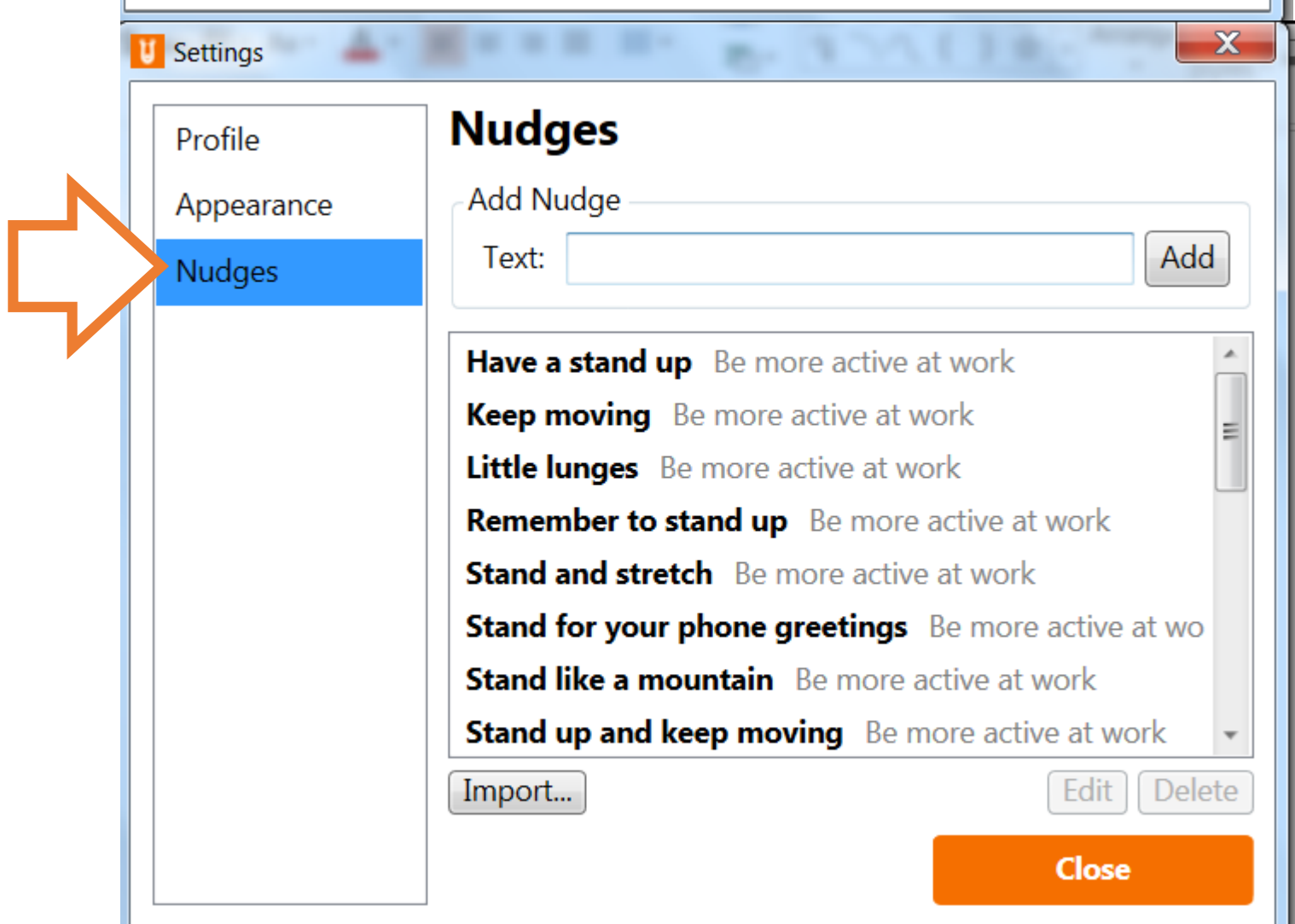Choose the colour, where the nudges appear, whether you would like festive graphics in your nudges, a sound and for the nudges to appear in fullscreen.

Nudges:

Add your own nudges by typing in the text box and clicking 'add'.

Delete nudges by selecting the nudge and clicking 'delete'.

Settings

My Profile

Profile

Name: Emily

Frequency

You are currently being nudged every 15 minutes.

Infrequent ——————————●———————— Often

Duration
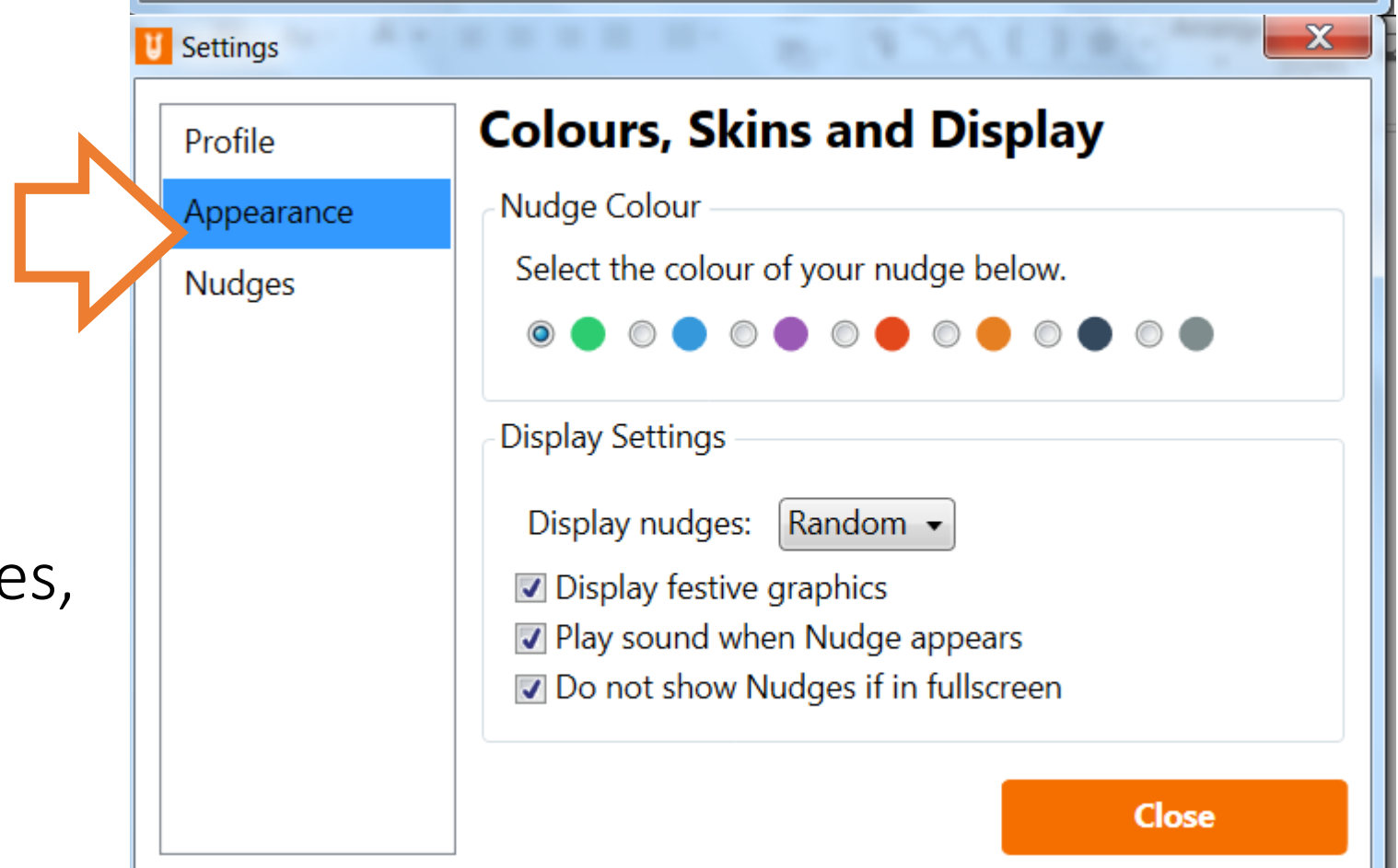
Nudges appear for 11 seconds.

Short ————————————●———————— Long

Close

Settings

Colours, Skins and Display

Profile
Appearance
Nudges

Nudge Colour

Select the colour of your nudge below.

Display Settings

Display nudges: Random ▾
☑ Display festive graphics
☑ Play sound when Nudge appears
☑ Do not show Nudges if in fullscreen

Close

Settings

Nudges

Profile
Appearance
Nudges

Add Nudge

Text: [   ] Add

Have a stand up	Be more active at work
Keep moving	Be more active at work
Little lunges	Be more active at work
Remember to stand up	Be more active at work
Stand and stretch	Be more active at work
Stand for your phone greetings	Be more active at wo
Stand like a mountain	Be more active at work
Stand up and keep moving	Be more active at work

Import... Edit Delete

Close