

ENGLISH

Focus | timer

Take control of time



Instruction manual

FOCUS⁸

www.focus8.no

Start here

Overview

- Contents of the box
- Turn on the device
- Charge the device
- Turn off the device
- Low battery

In the box you will find:

- Device
- Charger
- Cable
- User manual
- QR labels

Get started

3. Home screen
4. Countdown
5. Focus interval
6. Tasks
7. QR code
8. Counter screens and watch faces

Turn on the device

Press and hold the bottom button on the device and it will start.

Turn off the device

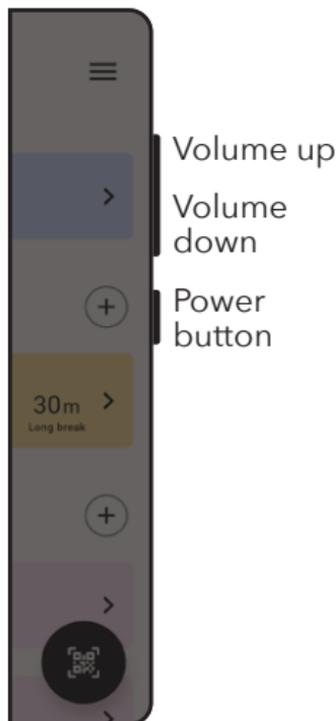
Hold the bottom button until a menu appears and select **"Turn off"**.

Charging

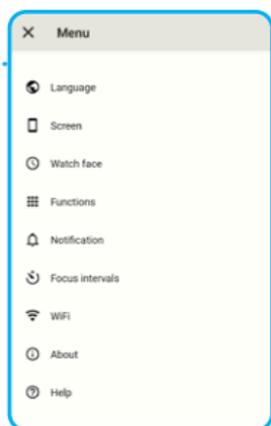
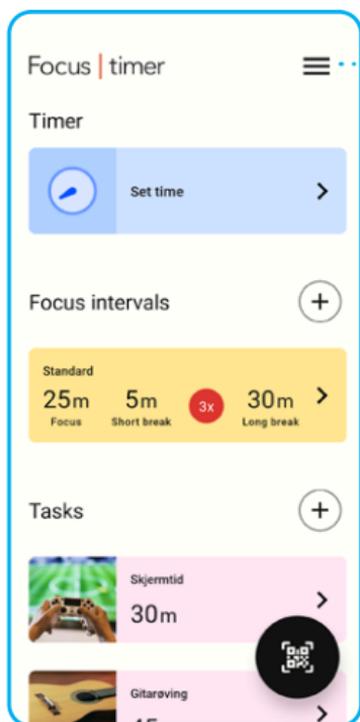
Insert the USB-C charging cable and the device will display the remaining battery percentage and charging symbol.

Low battery - under 10%

The device will display a message at the top of the screen saying **"Low battery"**



The home screen



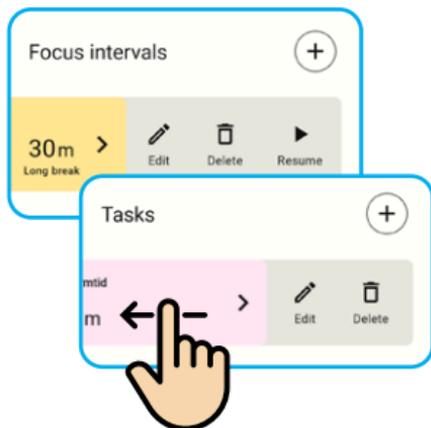
Press the menu icon for device settings.

Some options include:

- Language
- Display (dark or light mode)
- Notification (sound level, choose notification sound)

The home screen has four functions:

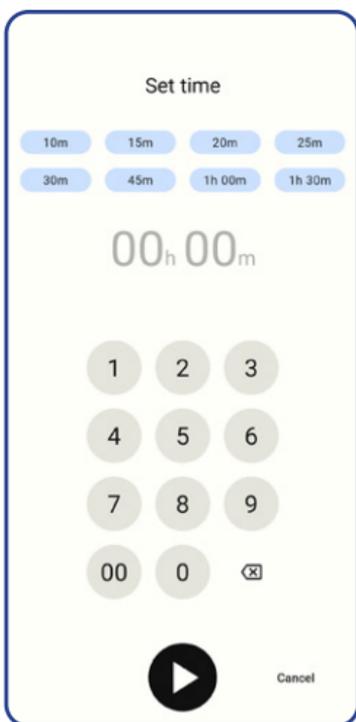
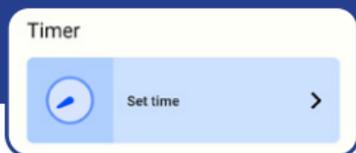
1. Countdown
2. Focus intervals
3. Tasks
4. Scan QR code



If you swipe left on Focus Intervals and Tasks, you can edit or delete.

On Focus Interval, you can also continue from where you left off.

Timer



How to do it:

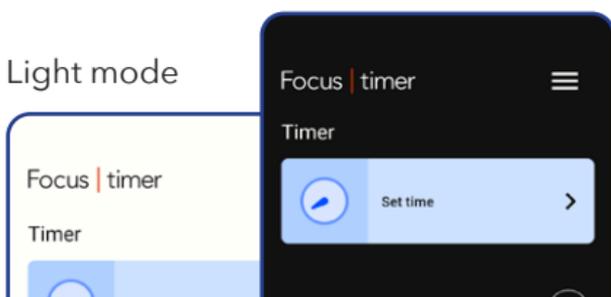
1. Press **"Set Time"**
2. Choose a preset or enter the desired time
3. Press **"Play"**.

TIP! To adjust the screen settings, press the gear icon. Then go to the "display" section where you can switch between light and dark mode.

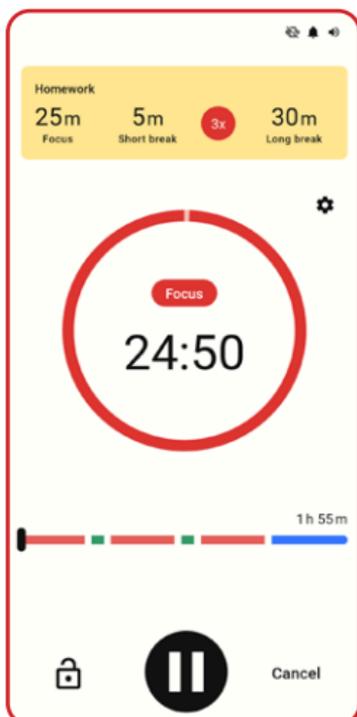
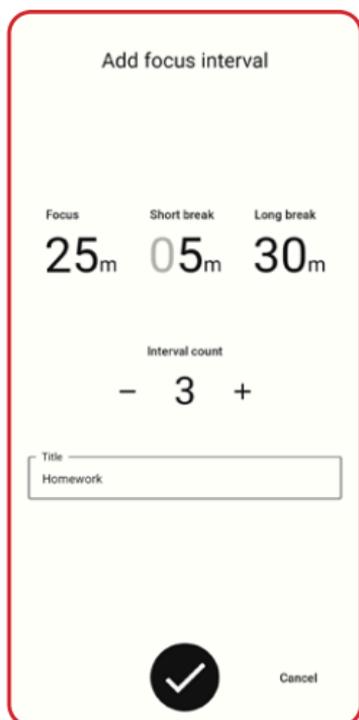
Dark mode

Light mode

4



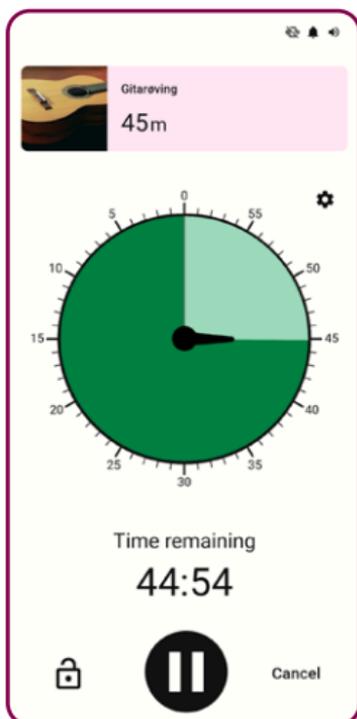
Focus intervals



How to do it:

1. Select a focus interval or press **+** to create new
2. Press **"Focus"** and enter the desired time then press **OK**
3. Press **"Short break"** and enter the desired time and press **OK**
4. Press **"Long break"** and enter the desired time and press **OK**
5. Press **+** or **-** to set the number of intervals
6. Press **OK** to save
7. Press **"Play"** to start.

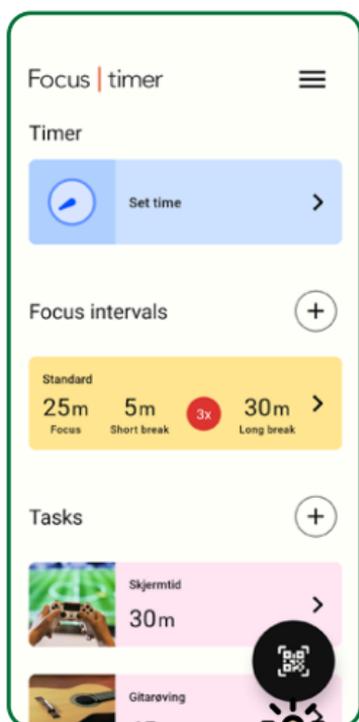
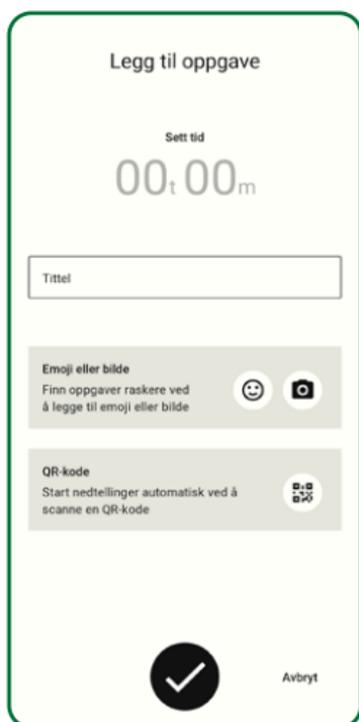
Tasks



How to do it:

1. Select a task or press **+** to create a new one
2. Press **"Set time"** and enter the desired time
3. Press **"Title"** and name the task then press **OK** on the keyboard
4. Choose an **Emoji or picture** by pressing on the symbols
5. Press **OK** to save.

QR-kode



Add a QR code during registration

1. Press the QR symbol when adding a Task
2. Scan one of the included Focus8 QR codes
3. Click **OK**.

Add a QR code for an already registered task

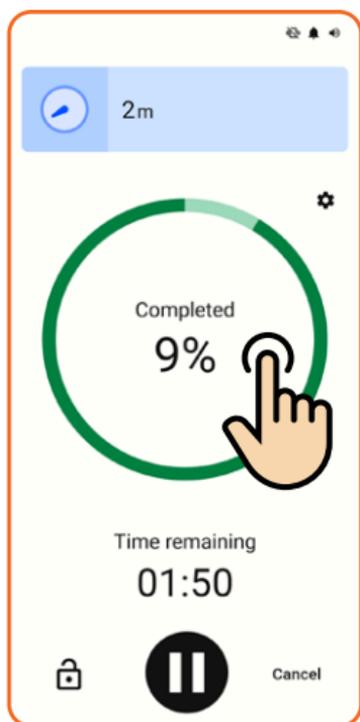
1. Swipe the relevant task to the left
2. Press **"Edit"**
3. Press the **QR symbol**
4. Scan a chosen Focus8 QR code
5. Click **OK**.

Start with QR code

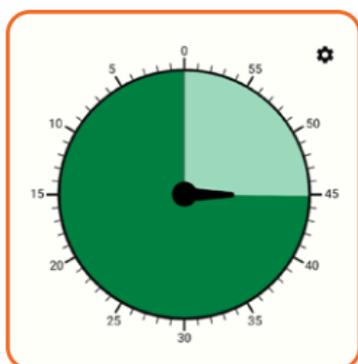
1. Press the QR symbol at the bottom right of the home screen
2. Scan a QR code that is registered to a task.

NOTE! To start a task with a QR code, the QR code must be registered to a task

Watch faces and counters



Circle



Analog clock



Feet

Choose watch face display

You can select different watch faces for various purposes (does not apply to Focus Intervals).

While the timer is running, you can:

- Change the watch face by holding your finger on the watch face
- Lock the screen by pressing the lock icon
- Pause the time
- Cancel the countdown
- Change settings by pressing the gear icon.



Battery