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MY WAKE UP CALL®  
& MY GOOD NIGHT MESSAGES™  
For Android Devices and Tablets**



**mywake up call**  
Motivational Alarm Clock

## What a Wonderful Way to Start Your Day!

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**DOWNLOAD MESSAGES**

Thank you for your order! To begin, click on the **DOWNLOAD** link below and save the file to your computer. After the download finishes (6-8 minutes) you will find a zip folder with 30 mp3 message files. Files 1-15 contain the first fifteen messages and files 16-30 repeat the original 15 messages a second time in random order. We do this because our customers tell us that they appreciated hearing the messages twice each month. The repetition helped them retain the message content better which then helped them create new behaviors and habits.

When Prompted **SAVE FILES** to Your Desktop.

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Product ID	Product Name
MWUC12MHWW-MP3	My Healthy Wealthy and Wise Wake UP Call Messages (1st Month Included. Then Receive 1 Month of Messages/Month for 11 Months)

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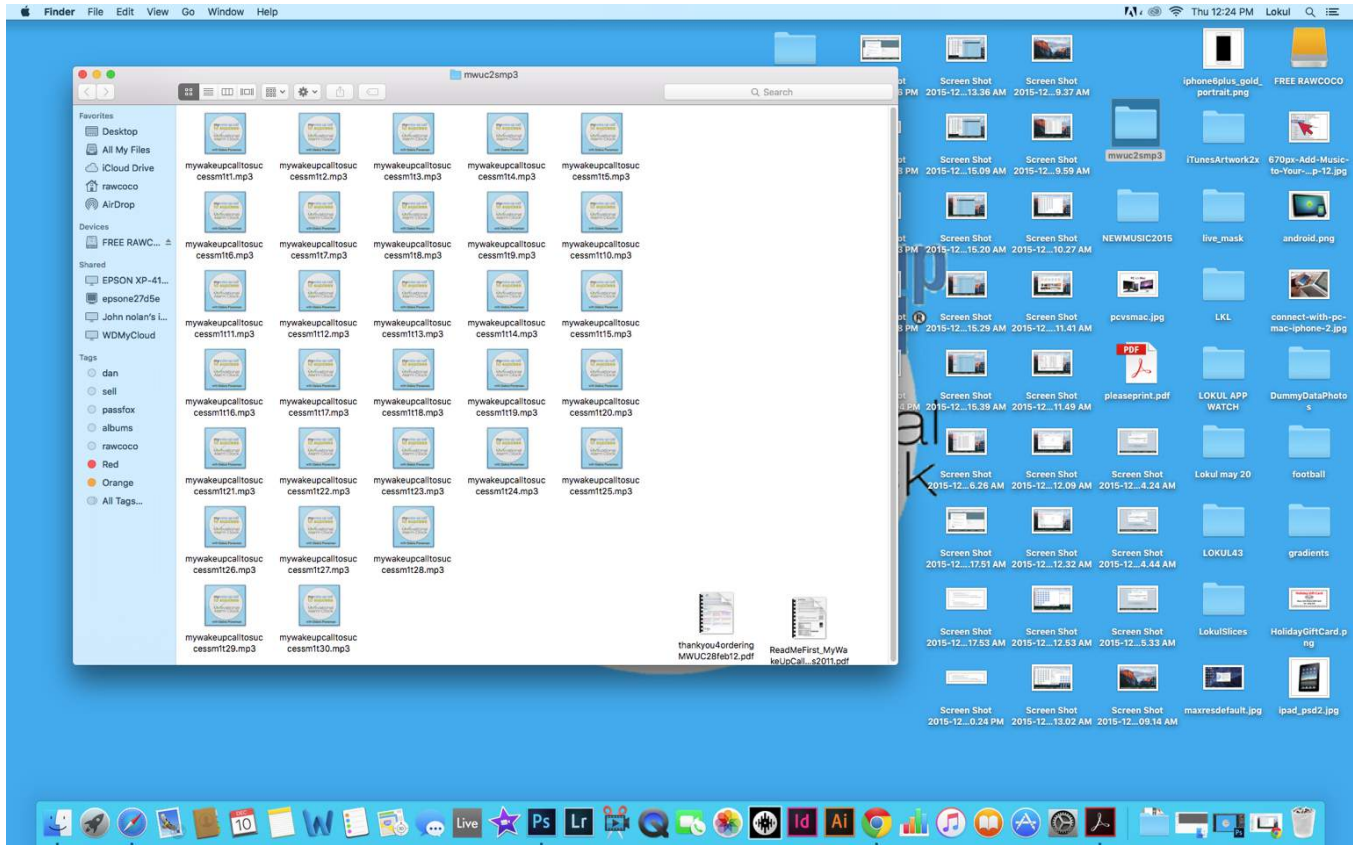
Save file to your desktop for easy access.





Locate *My Wake UP Call*® or *My Good Night Messages*™ on your desktop. Double click or click on “unzip” to unzip the Zip file folder you have just downloaded.






Double click on the unzipped Zip file folder to open it.



DOWNLOAD OUR NEW ANDROID APP @ <http://tinyurl.com/MyWakeUPCall-AndroidApp>

# FOR MACS



1. Download and install [Android File Transfer](https://www.android.com/filetransfer/) on your computer . <https://www.android.com/filetransfer/>
2. If your screen is locked, unlock your screen.
3. Connect your computer to your device using a USB cable.
  - If you need to select a USB connection option on your device, choose **Media device (MTP)**.
4. Locate music files on your computer and drag them into your device's **Music** folder in **Android File Transfer**.

Please call with questions or for assistance at 805-796-8201. Thank you! Robin



DOWNLOAD OUR NEW ANDROID APP @ <http://tinyurl.com/MyWakeUPCall-AndroidApp>

# FOR WINDOWS



1. If your screen is locked, unlock your screen.
2. Connect your computer to your device using a USB cable.
  - If you're prompted to select a USB connection option on your device, select **Media device (MTP)**.
3. Locate music files on your computer and drag them into your device's **Music** folder.

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