



# Mindiful<sup>®</sup>

A Children's Mental Health and Wellness Solution



**DATA BACKUP/TRANSFER  
IMPORT & EXPORT**

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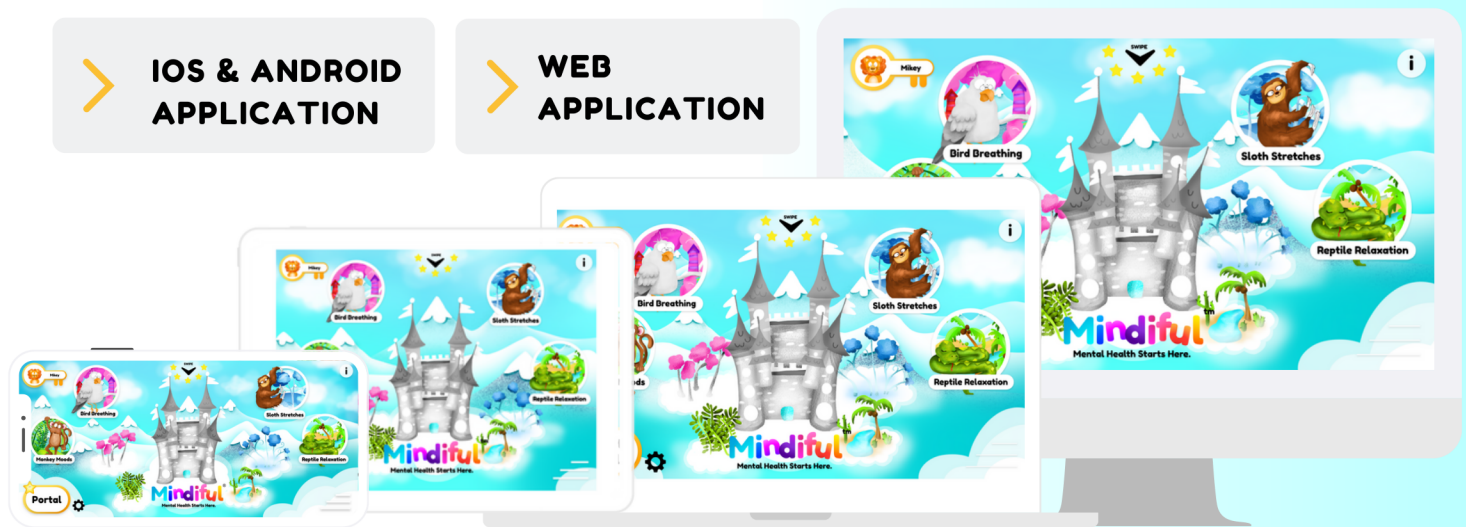
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# INTRODUCTION



- Mindful® is built as a hybrid software application for ease of use for parents, guardians, teachers, and clinicians alike and is available on all devices. To allow users the freedom to manually move between devices, add data to an account, and have the most flexible data options, Mindful® provides an import/export data feature.

This also allows users the choice to opt out of cloud storage altogether and still use Mindful® or backup their data as many times as they would like! Mindful® is set up for its users to manage their data as they choose.



➤ **IOS & ANDROID APPLICATION**

➤ **WEB APPLICATION**



**Import  
(Upload Data)**

- The import function allows users to upload their data into the program. This is especially important for users who would like to add data to an account or transfer data to a new device without using cloud storage or a premium account.



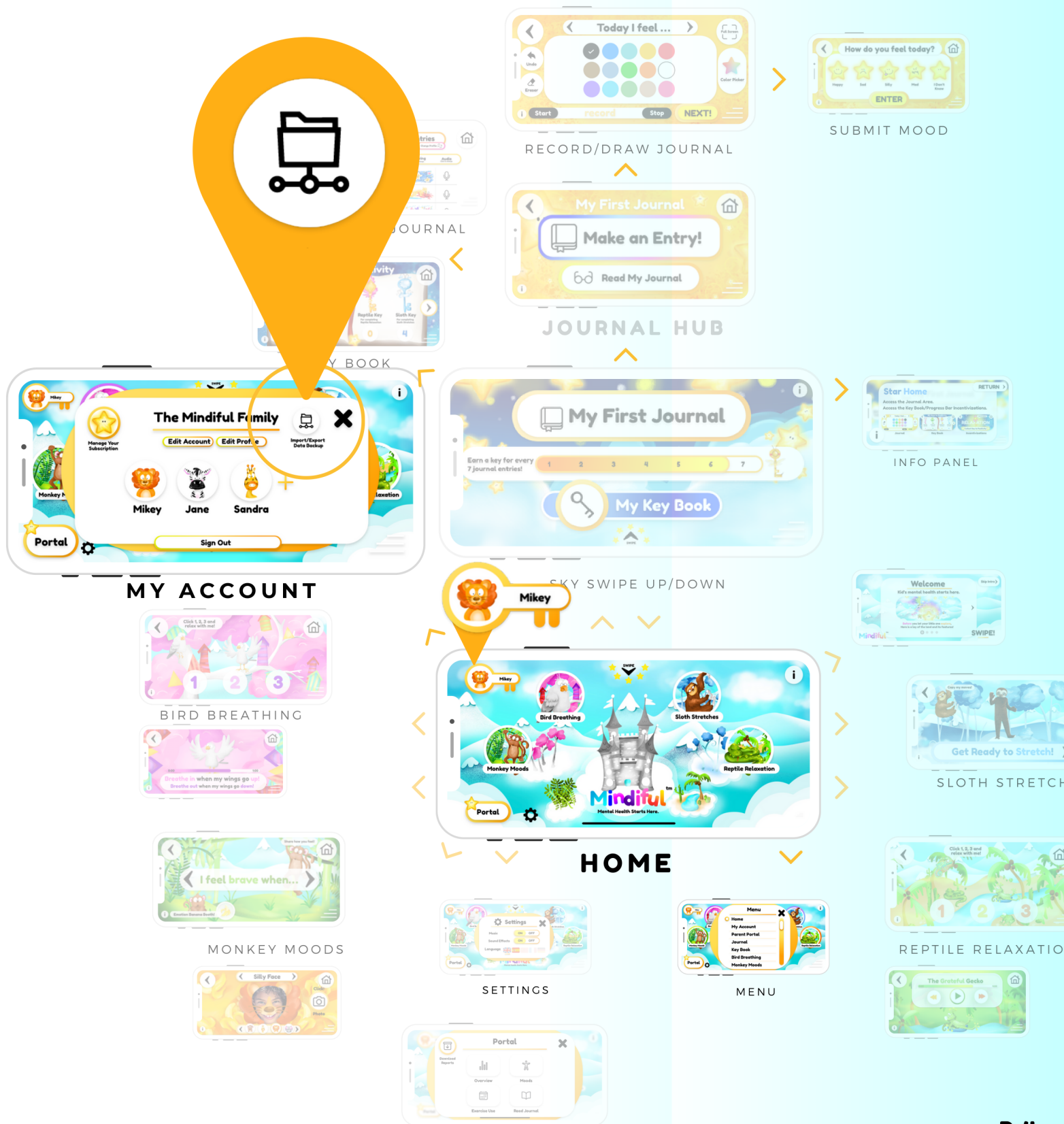
**Export  
(Download/Backup Data )**

- The export function allows users to download and backup their data. The download may then be transferred manually or kept as a backup. It is good practice to download and backup data incrementally.



# LOCATION

- The import/export feature is located in the top right corner of 'My Account.'
- 'My Account' can be accessed from the 'Home Screen' or 'Menu.'







## IMPORT/ EXPORT DATA



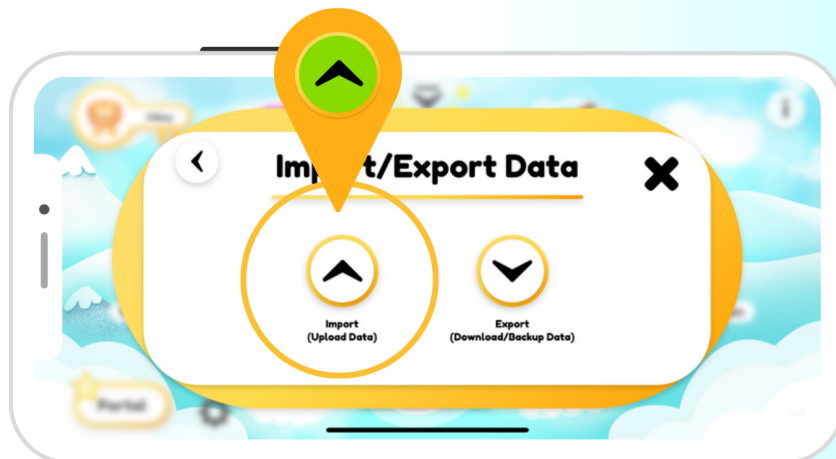
> **SELECT 'IMPORT/EXPORT DATA BACKUP.'**



> **CHOOSE BETWEEN  
IMPORT (UPLOAD DATA)  
OR  
EXPORT (DOWNLOAD/BACKUP DATA).**



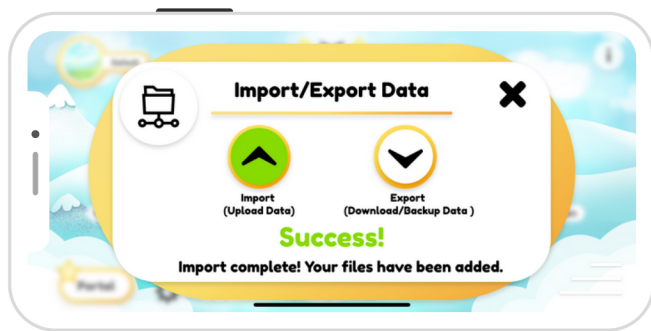
## IMPORT (UPLOAD DATA)



**SELECT 'IMPORT (UPLOAD DATA).'**  
**AND SELECT YOUR MINDIFUL FILE TO IMPORT.**

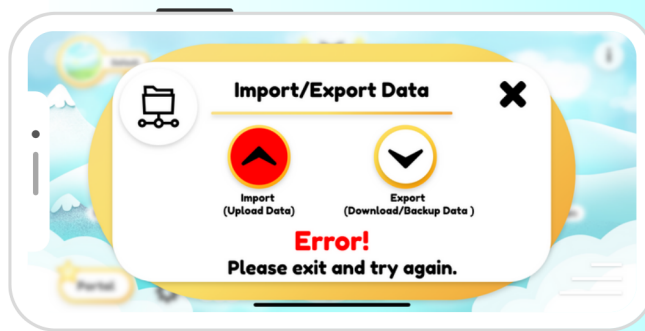


**THE IMPORT BUTTON WILL TURN GREEN.**



**Success!**

**IF YOU RECEIVE A SUCCESS MESSAGE, YOUR IMPORT IS COMPLETE AND NO FURTHER ACTION IS NEEDED.**

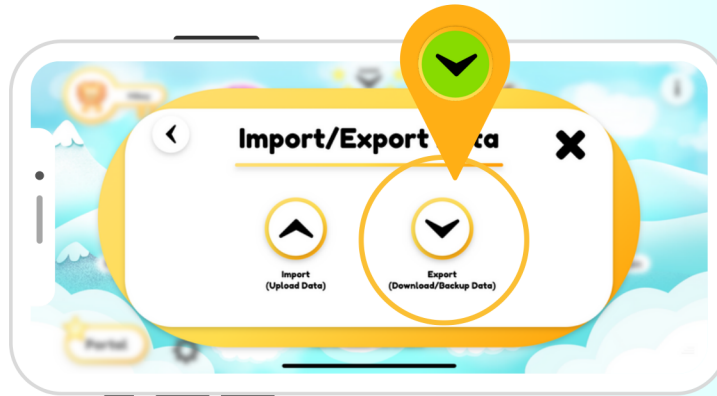


**Error!**

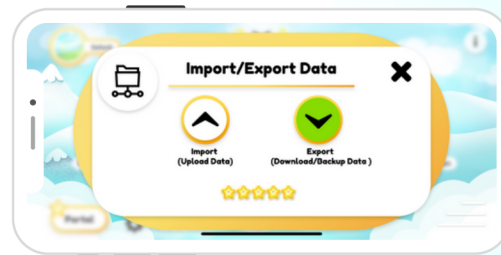
**IF YOU RECEIVE AN ERROR MESSAGE PLEASE FULLY EXIT (CLOSE APP) AND TRY AGAIN.**



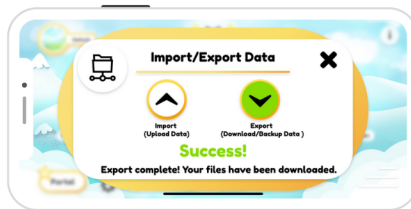
## EXPORT (DOWNLOAD/BACKUP DATA)



SELECT 'EXPORT (DOWNLOAD/BACKUP DATA).'

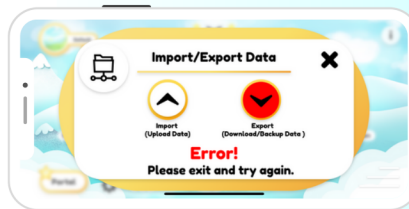


THE EXPORT BUTTON WILL TURN GREEN.



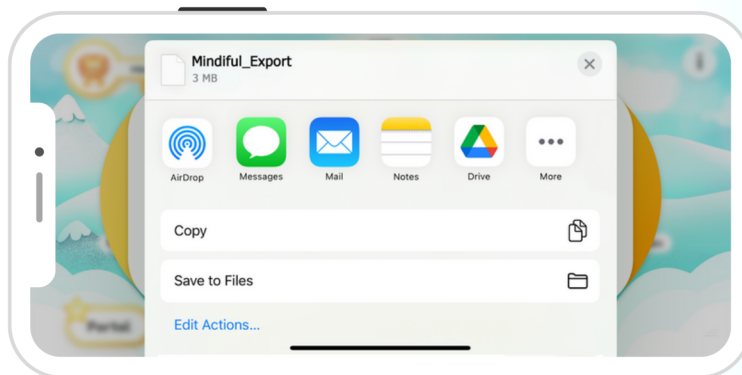
**Success!**

IF YOU RECEIVE A SUCCESS MESSAGE, YOUR EXPORT IS COMPLETE AND NO FURTHER ACTION IS NEEDED.



**Error!**

IF YOU RECEIVE AN ERROR MESSAGE PLEASE FULLY EXIT (CLOSE APP) AND TRY AGAIN.



WHEN YOUR EXPORT IS COMPLETE, DECIDE WHERE YOU WOULD LIKE TO SAVE/SEND YOUR EXPORT.





# TRANSFER DATA

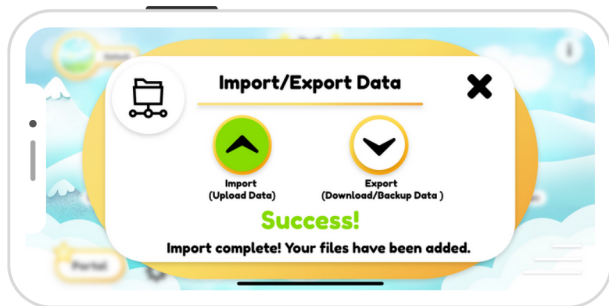


**Export**  
(Download/Backup Data)



**Import**  
(Upload Data)

## OLD DEVICE



## NEW DEVICE



### STEP 1:

**EXPORT FILES  
FROM MINDIFUL  
ON OLD DEVICE**

### STEP 2:

**TRANSFER  
FILES TO NEW  
DEVICE**

### STEP 3:

**IMPORT FILES  
TO MINDIFUL  
ON NEW DEVICE**

## TRANSFER METHODS



**TRANSFER USING SITES LIKE  
WETRANSFER OR DROPBOX**



**EMAIL SEND FILES  
TO SELF**



**AIR DROP**



**FLASH DRIVE/  
EXTERNAL HARD DRIVE**



# MISSION

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Our mission is to make early stage mental health **accessible to all little ones.**

**Good habits start young.**



**Mindiful**<sup>®</sup>

## CONTACT

Questions, comments,  
feedback, or suggestions?

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> **hello@mindiful.io**