



HEAD8CHE

USER GUIDE



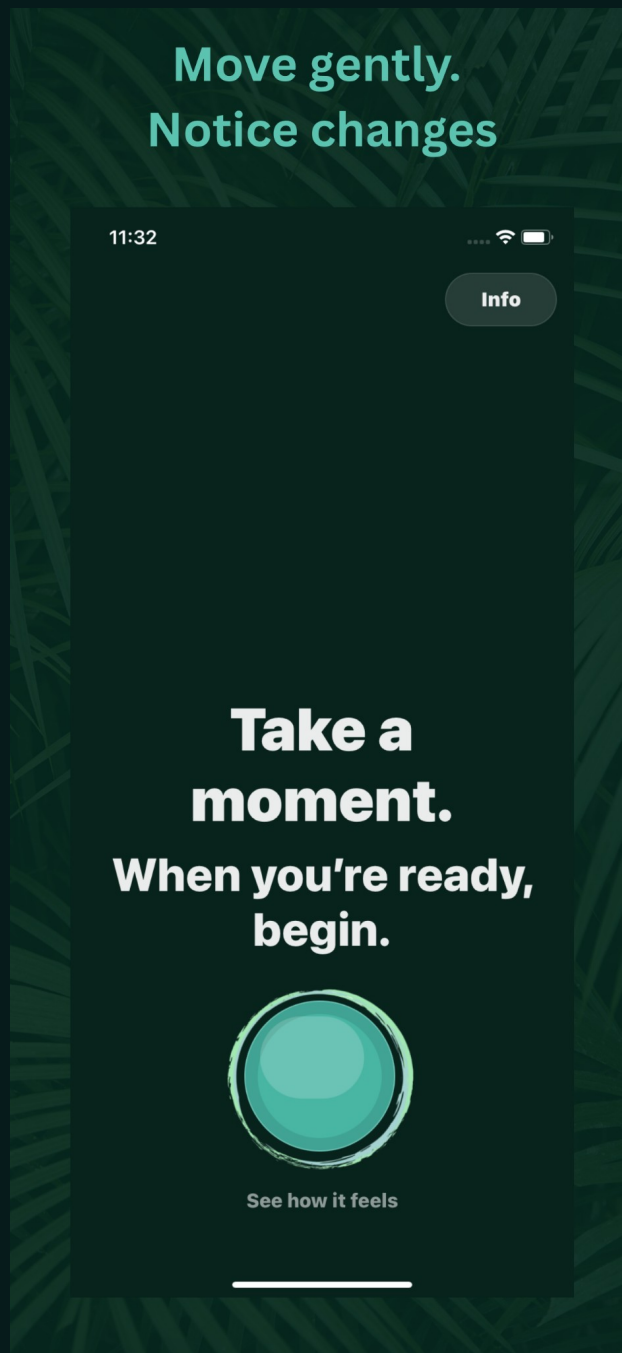
Notice. Explore. Recheck.

A visual guide to starting a session, using MotionGuide,
rechecking what you notice, and reviewing your session history.

Move gently. Notice changes.

1. Welcome to Head8che

Head8che is a guided movement and awareness experience. It helps you start with what you notice, explore gentle guided movement, and recheck for changes along the way.



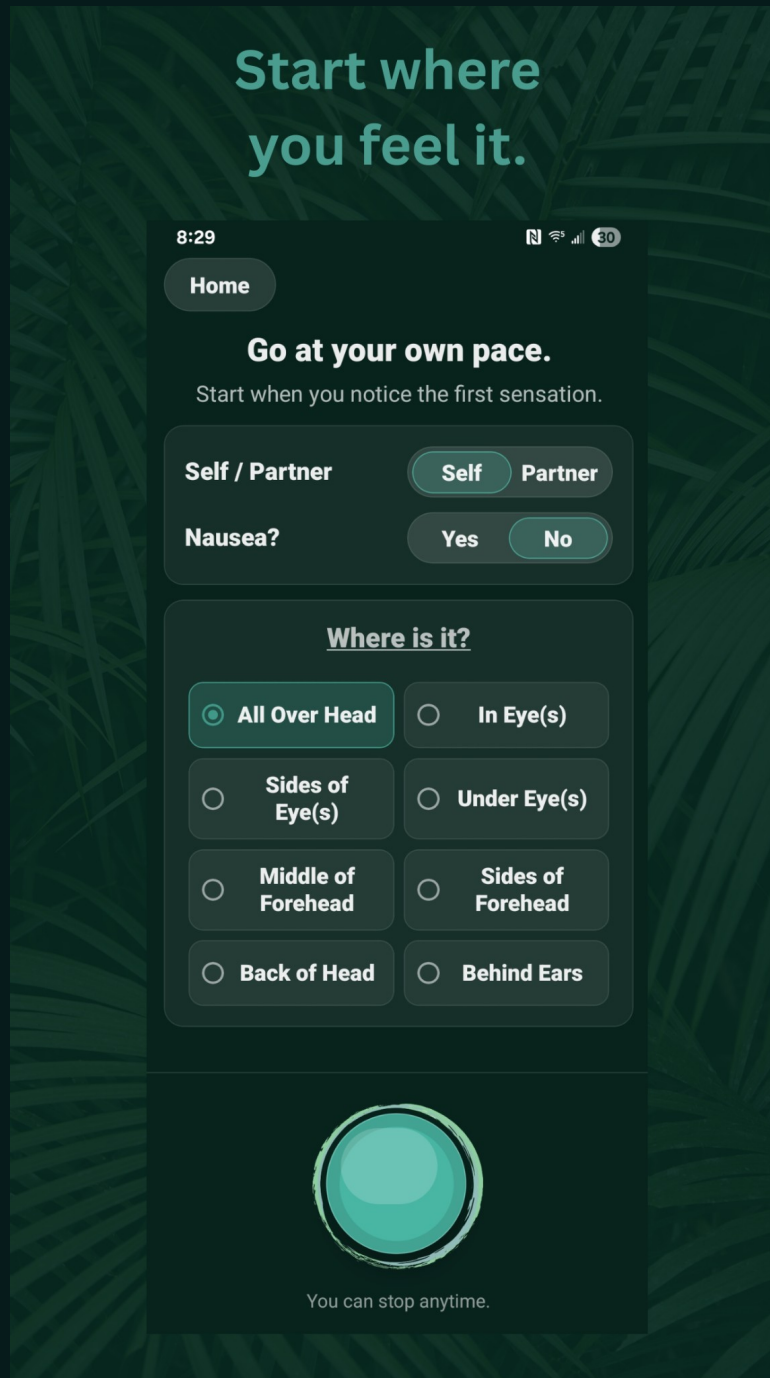
The Head8che Method: Notice where you feel the sensation → Explore gentle guided movement → Recheck what you notice.

Tap the large button when you are ready to begin. The app is intentionally low-pressure: go at your own pace, and you can stop at any time.

Important: Head8che is intended for personal wellness, self-awareness, and educational purposes. It does not diagnose, treat, cure, or prevent a medical condition and is not a substitute for professional medical advice, diagnosis, or treatment.

2. Quick Start

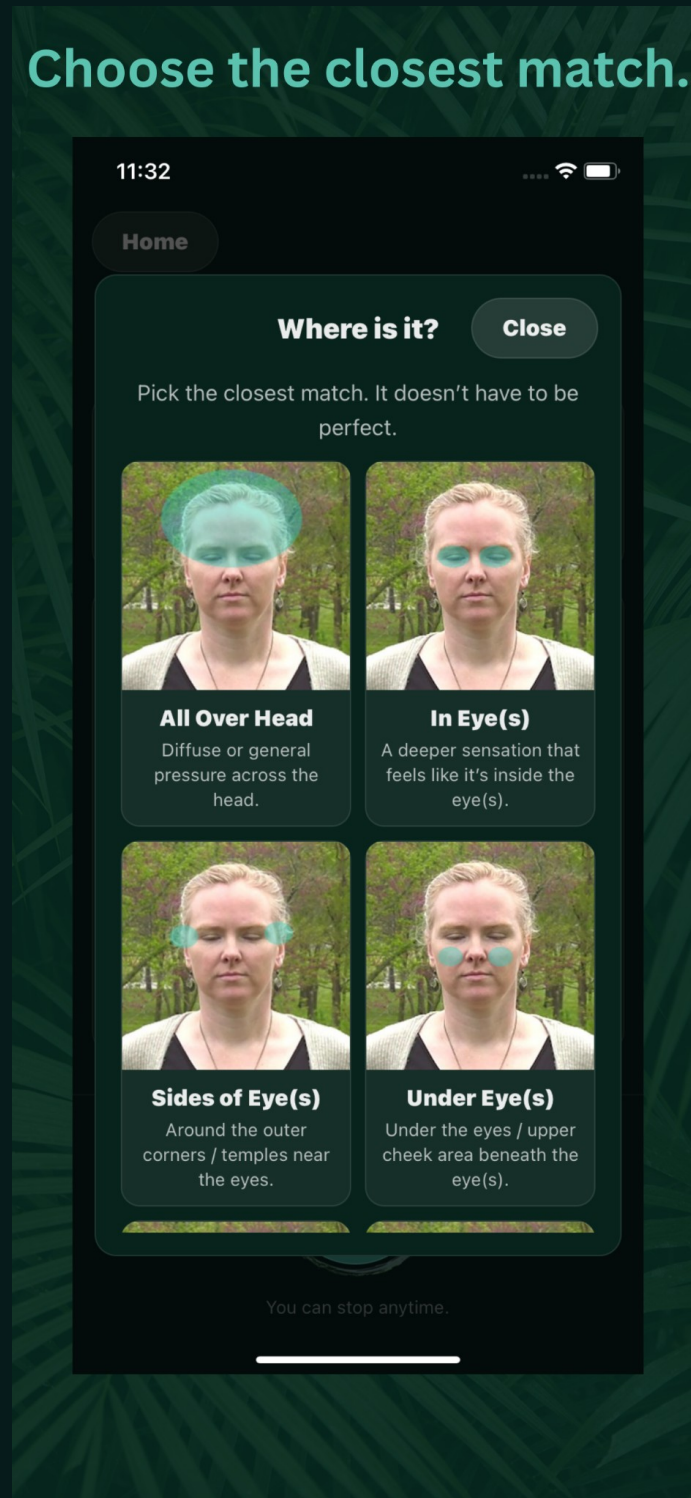
A Head8che session begins with three simple choices.



1. Choose **Self** or **Partner**. **Self** guides you through movements you perform for yourself. **Partner** guides a second person through the partner sequence.
 2. Tell the app whether nausea is present. The app uses that choice when guiding the session.
 3. Choose the closest location. Select the option that most closely matches where you notice the sensation. It does not have to be perfect.
- Head8che is built around observation, not getting the “right” answer. Choose the closest match and begin.

3. Choosing Where You Feel It

If you are unsure which location button fits best, tap Where is it? to open the visual location guide.

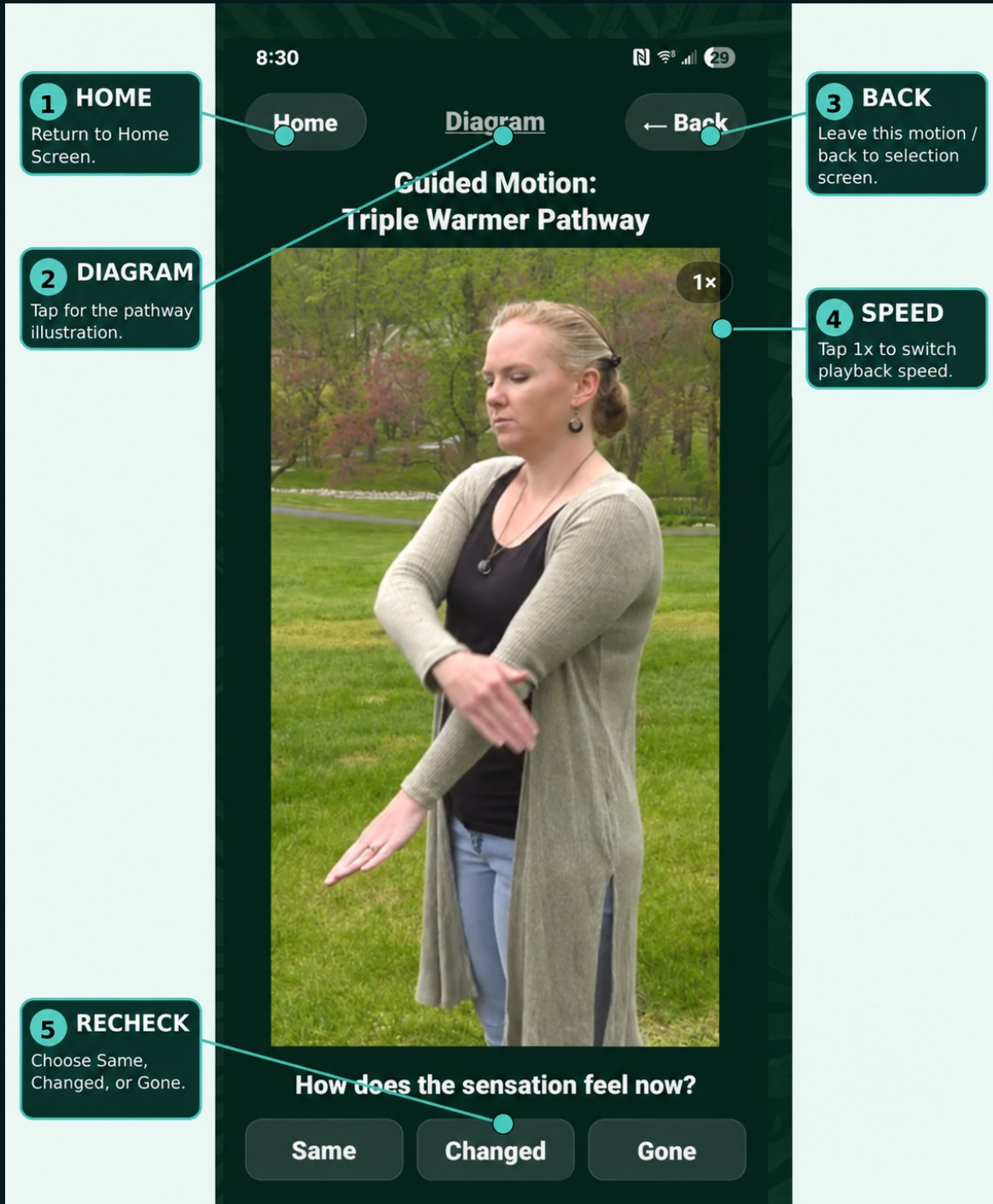


The visual guide shows the Head8che location choices with highlighted areas and short descriptions. Choose the closest match, close the guide, and continue.

Current location choices include All Over Head, In Eye(s), Sides of Eye(s), Under Eye(s), Middle of Forehead, Sides of Forehead, Back of Head, and Behind Ears.

4. Know Your MotionGuide Screen

MotionGuide is the working screen for the guided movement portion of a session.



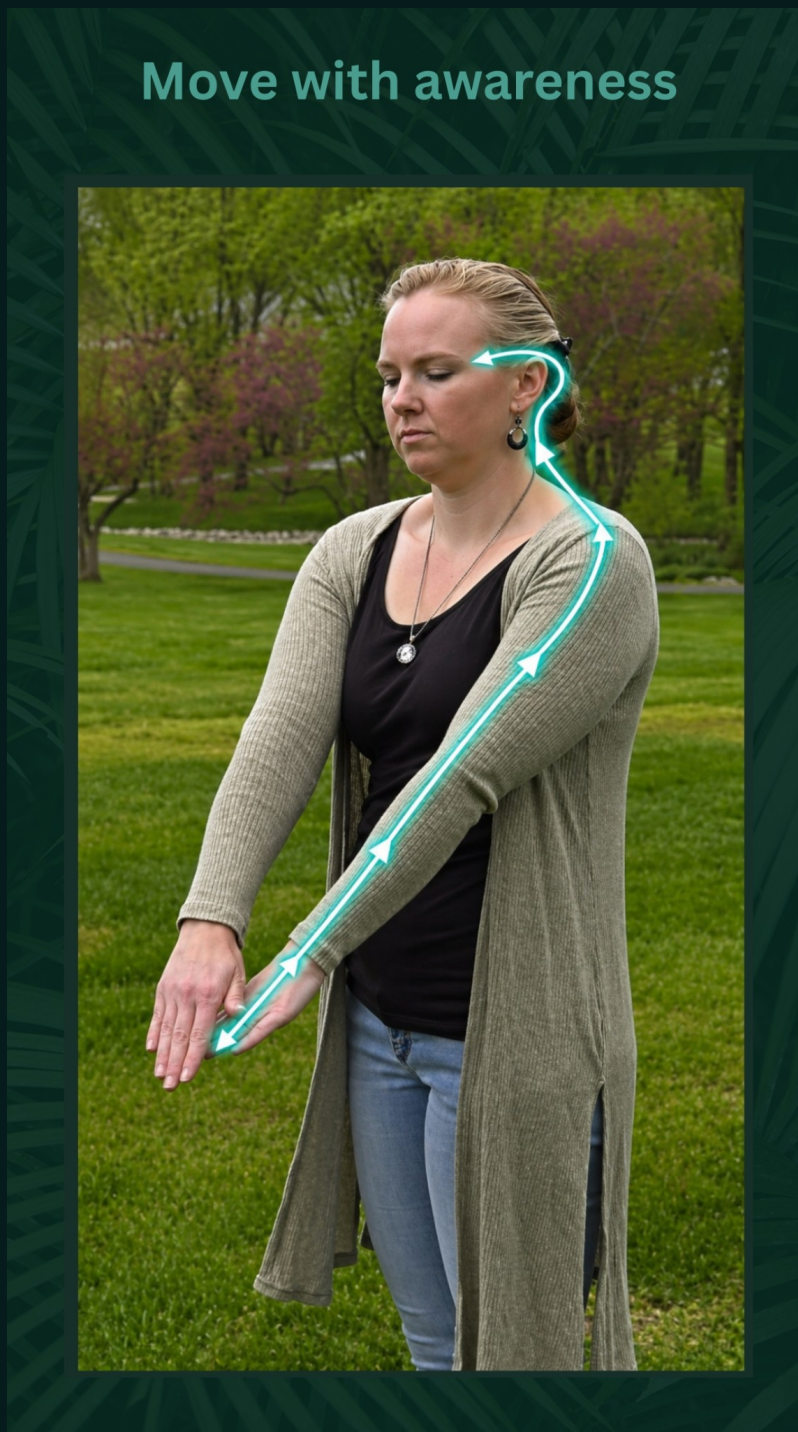
Playback speed: The speed control lets you use the normal guided-motion speed or a slower 0.5× pace. Use the pace that is easiest to follow.

Move gently. If a movement feels uncomfortable, sharp, worsening, or concerning, stop the session and seek appropriate medical guidance.

Home vs. Back: Home returns you to the start so you can begin a new session. Back returns you to the start-screen selections.

5. Using the Diagram

The underlined Diagram control on MotionGuide is clickable. It opens a visual pathway reference so you can see the direction of the guided movement.



Use the diagram as an extra visual cue. Return to MotionGuide when you are ready to continue.

The app may name pathways such as Central & Governing, Small Intestine, Bladder, Triple Warmer, Gallbladder, and Stomach. These names identify the guided movement pathways used in Head8che; they are not diagnoses.

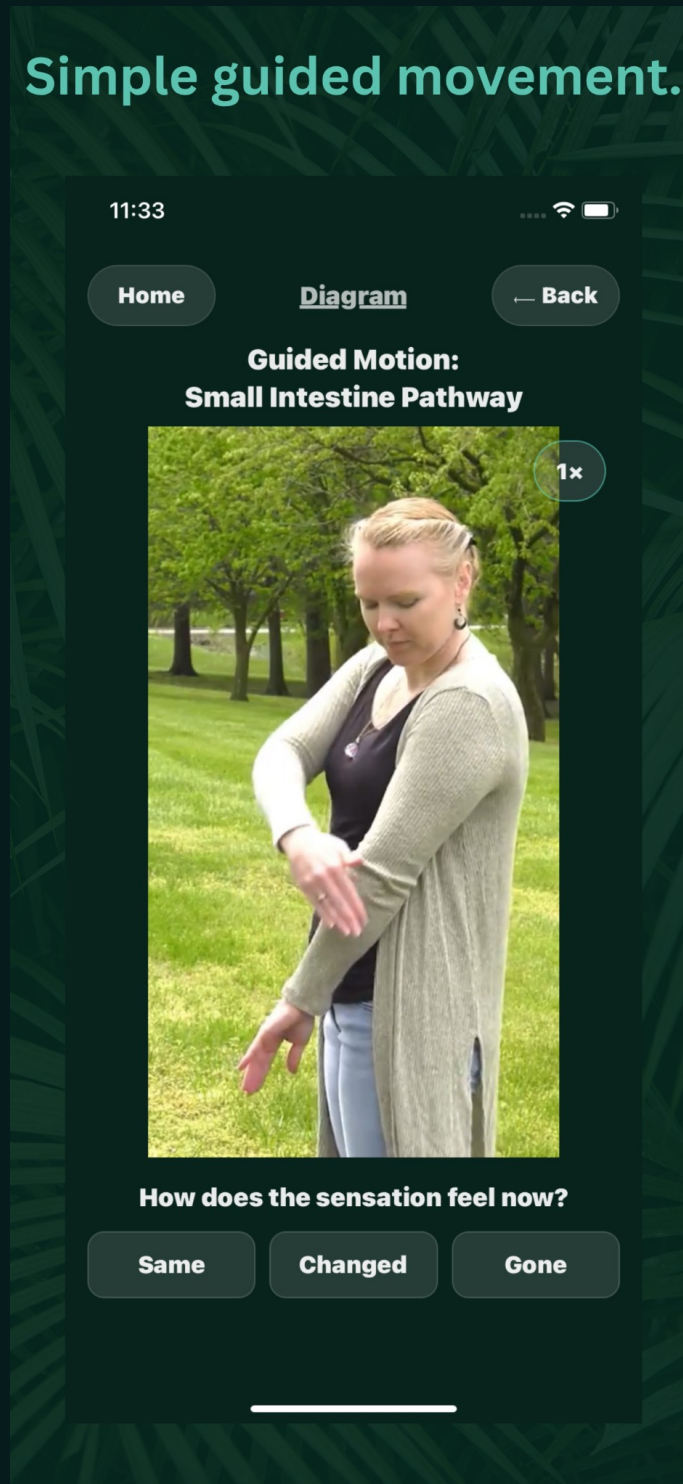
6. Recheck: What Do You Notice?

During a session, Head8che periodically asks you to pause and notice what has changed.

- Same - the sensation feels essentially the same.
 - Softer - it feels less intense or less pronounced.
 - Spread - it feels more distributed or covers a wider area.
 - Smaller - the area feels more contained or reduced.
 - Different spot? - the sensation now seems to be somewhere else; choose the closest new location.
- You can also skip a checkpoint. The purpose is simply to record what you notice without forcing an answer.

7. Same, Changed, or Gone

At the bottom of MotionGuide, you can report the overall state of the sensation:



- Same - continue without reporting a change.
 - Changed - Head8che gives you a brief checkpoint so you can describe what changed.
 - Gone - ends the movement sequence and moves you toward session completion.
- There is no score to achieve. Head8che records observations; it does not interpret them.

8. Session History & Notes

Completed and ended sessions can be reviewed in Session History. A Session Detail record may include when the session occurred, mode, starting location, outcome, checkpoint observations, and an optional note.

Reflect on the session

Session Detail

Just the facts. Quietly held.

When	Tue, May 5, 8:30 PM
Mode	Self
Start location	All over head
Outcome	Sensation gone

Checkpoint observations

Motion 2: Softer

Note (optional)

—

[← Back to Session History](#)

Notes are optional. Use them for context you want to remember later; Head8che does not score or interpret what you enter.

9. Exporting Your Session History

Head8che can export your session history so you can keep a copy or intentionally share it using the apps available on your device.

PDF export - a readable session log organized as a table.

CSV export - a spreadsheet-friendly file containing the session records.

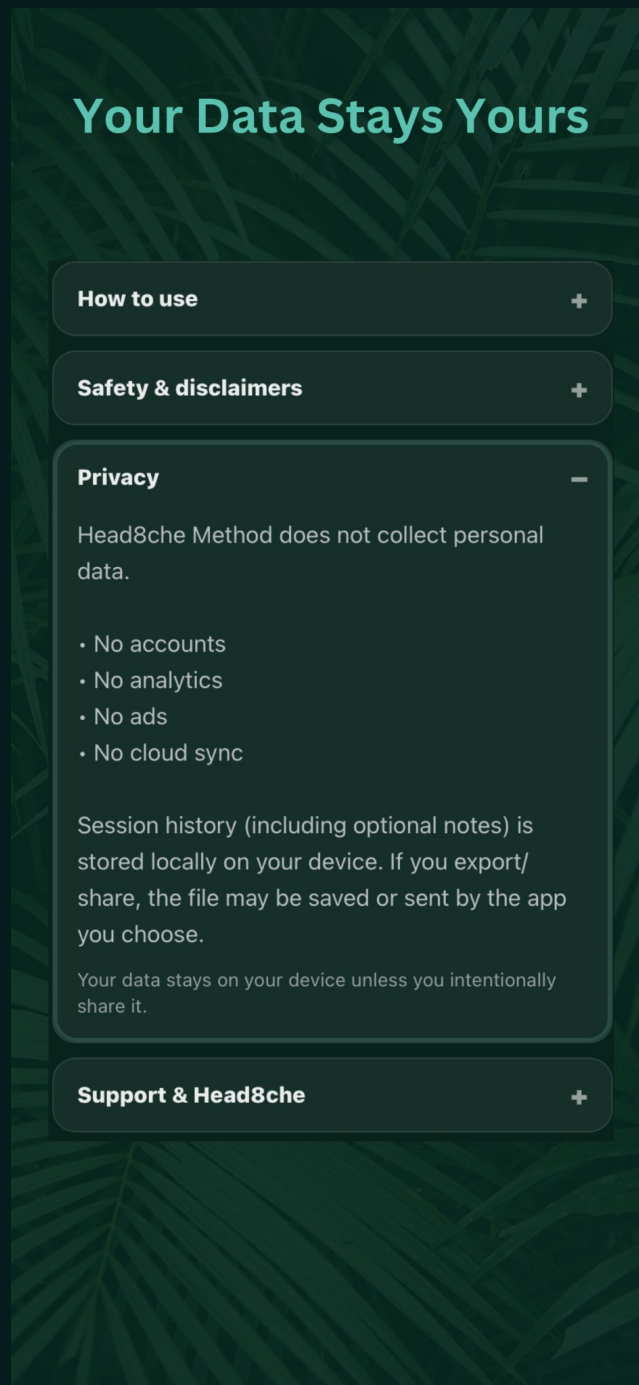
Field	What it records
Created	Date and time of the session
Start location	Where the sensation was noted at the start
Mode	Self or Partner
Outcome	For example: sensation gone, still present, or session ended early
Checkpoint observations	What was noted at checkpoints
Note	Optional note entered by the user

The export is a plain record of sessions and notes. It does not provide medical advice, diagnosis, scoring, or interpretation.

If you choose to share an export with a clinician, you may also want to bring any additional context you feel matters, such as sleep, hydration, medications, or triggers.

10. Your Data Stays Yours

Head8che does not require an account and does not collect personal data through an online account or cloud service.

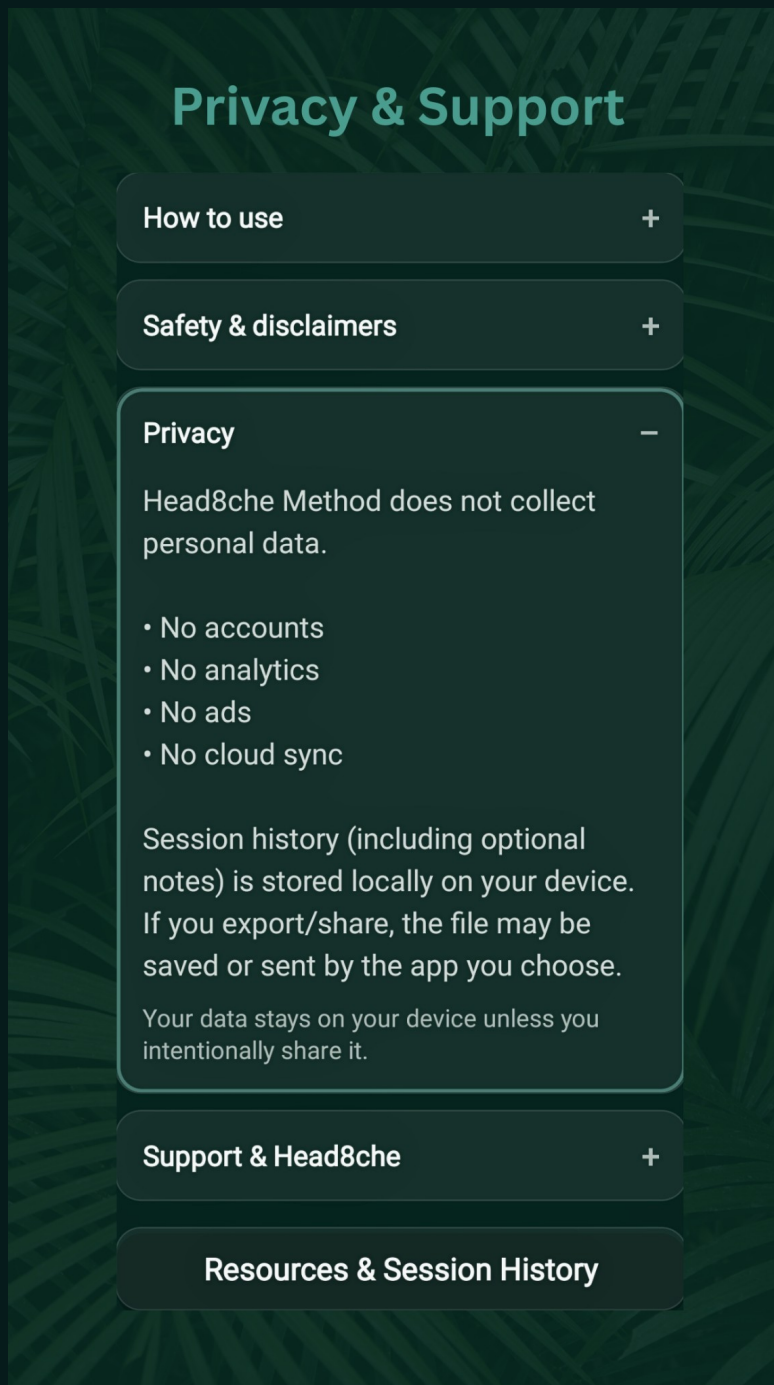


- No accounts
- No analytics
- No ads
- No cloud sync

Session history, including optional notes, is stored locally on your device. If you export or share a file, it may be saved or sent by the app you choose. Your data stays on your device unless you intentionally share it.

11. Partner Mode & Resources

Partner mode uses a guided partner sequence for a second person. Choose Partner before starting the session, then follow the on-screen guidance.



Head8che also includes additional information and resources from the Info area, including support, privacy and safety information, session history access, and the Two-Person Full Cycle resource.

Two-Person Full Cycle: Use the resource in the app when you want to view the complete partner sequence. You do not need to watch the entire video during every guided session.

12. Head8che Language

A quick glossary of the terms used throughout the app and this guide.

Head8che Method	The app's guided process of noticing where a sensation is felt, exploring gentle guided movement, and rechecking what changes.
Notice	Begin with what you feel now: where the sensation is and what it is like.
Explore	Follow the guided movement at a comfortable pace while paying attention to your experience.
Recheck	Pause after movement and observe whether the sensation feels the same or different.
Self	A session mode in which you follow the guided movement for yourself.
Partner	A session mode in which a second person follows the partner guidance.
MotionGuide	The screen that shows the guided movement, pathway name, speed control, Diagram link, navigation, and recheck choices.
Diagram	A tappable visual reference showing the direction/pathway for the current guided movement.
Checkpoint	A brief pause that lets you record an observation such as Same, Softer, Spread, Smaller, or Different spot.
Session History	The locally stored record of sessions completed or ended in the app.
Session Detail	The view of one session's recorded facts, including mode, starting location, outcome, observations, and optional note when available.
Export	A user-initiated PDF or CSV copy of session history that can be saved or shared through apps on the device.

13. Safety, Support & Next Steps

Use Head8che gently. Stop if a movement feels uncomfortable, sharp, worsening, or concerning. Seek appropriate medical care for new, severe, unusual, or concerning symptoms. Head8che is a wellness and educational tool and is not a substitute for professional medical care.

Support: support@head8che.com

Website: head8che.com

Privacy Policy: head8che.com/privacy-policy/

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