



Let yourself be free.

Have a crazy schedule?

Try to schedule in breaks but something else always comes up?

Get distracted by email notifications and social media?

Try !

What is free?

Free allows for you to have a **technology-free break** that **doesn't get pushed off by other commitments**. Free time is scheduled on your calendar and when it's time for you to be free, all of your technological devices will be shut down, only allowing in essential calls and notifications.

Go for a walk,
talk to someone new,
meditate...

all **planned into your schedule** and without the distractions of technology.

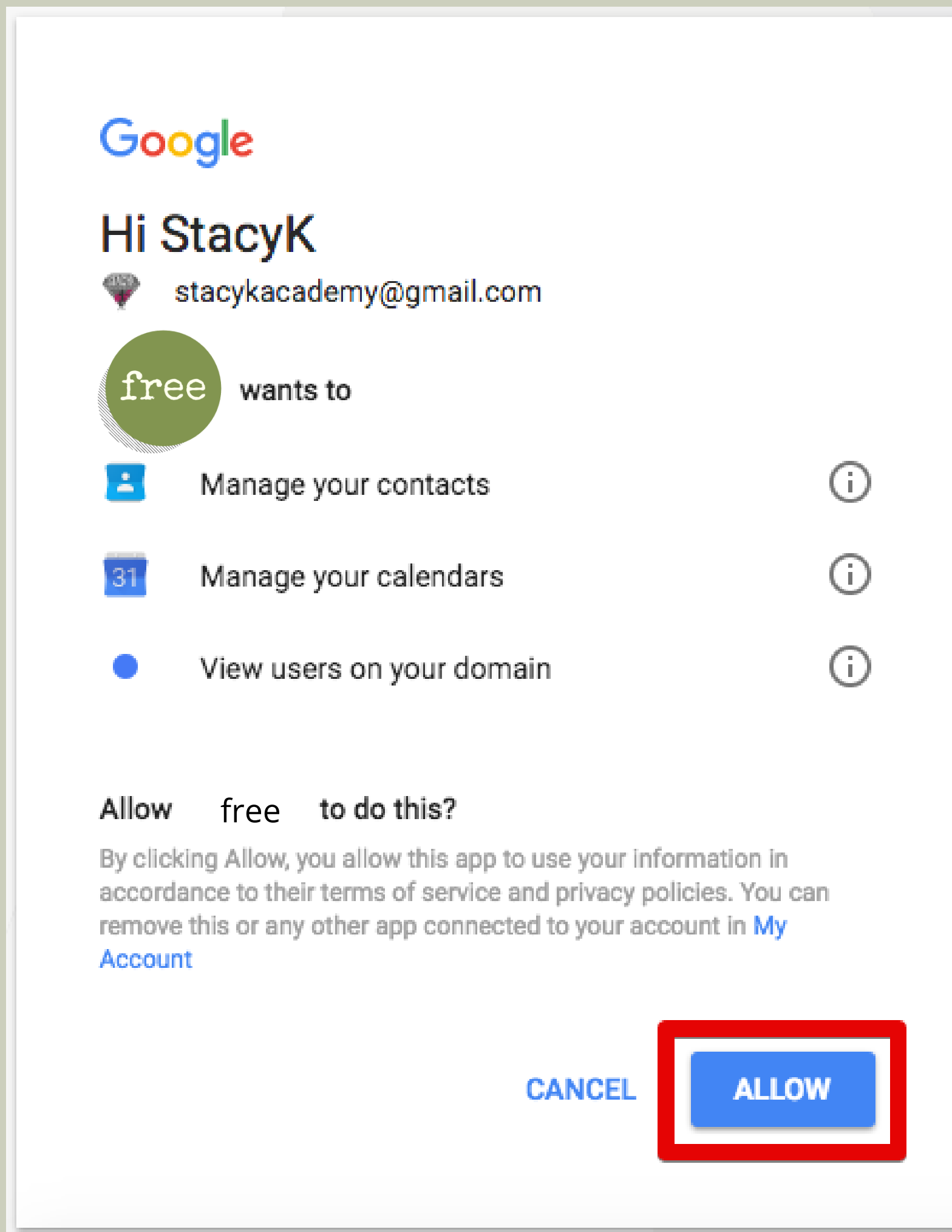
Are you a business owner?

Make your workers more productive! Mandate that your employees take a certain amount of free time so that they are more productive at work. Check out our Free for Companies package to track how many free hours your employees spend each week.

How does it work?

1

Give **free** access to your Google calendar.



2

Set a goal number of hours you want to be free every week.

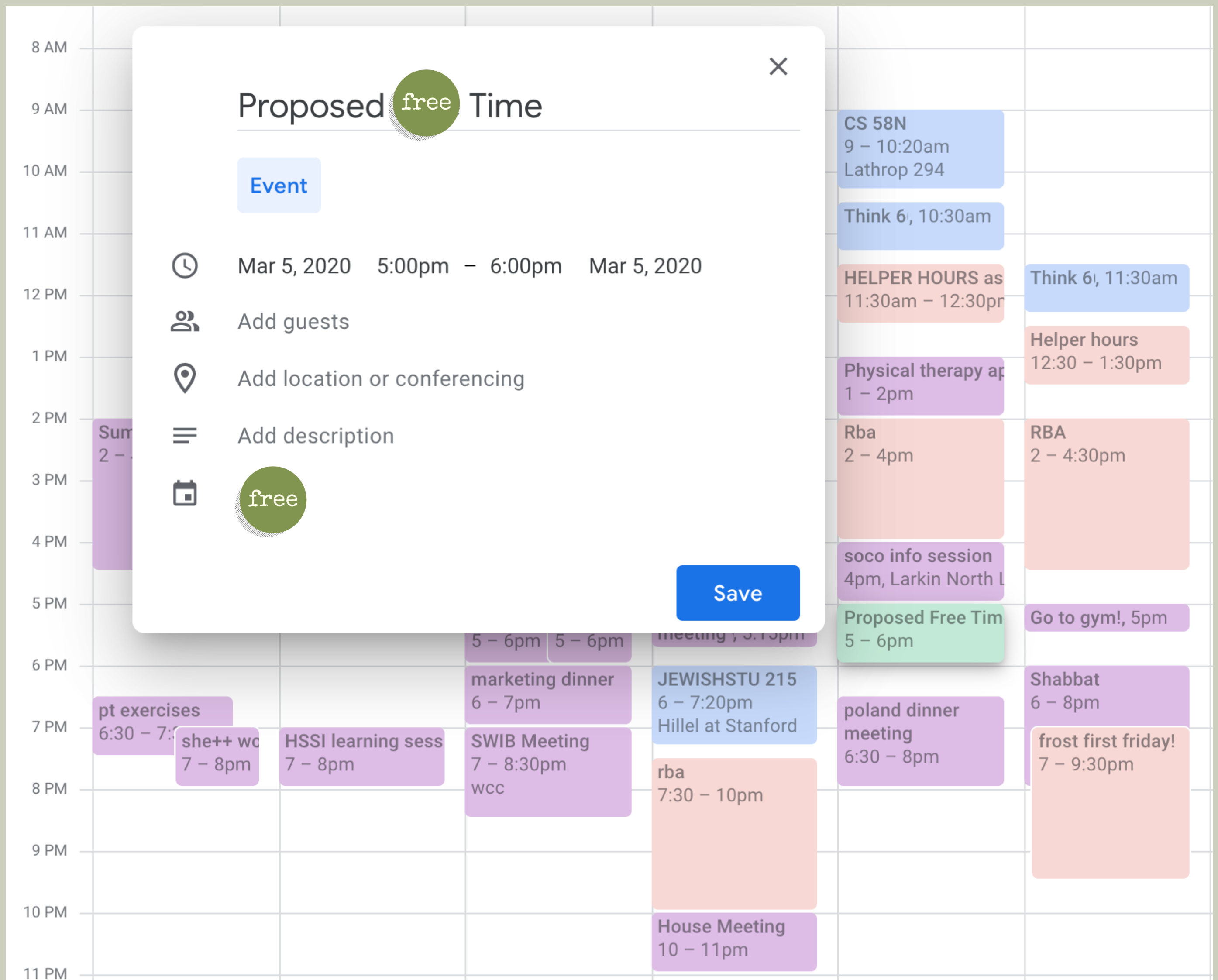
Choose something ▼

- 1 Hour
- 2 Hours
- 3 Hours
- 4 Hours
- 5 Hours
- 6 Hours
- 7 Hours
- 8 Hours
- 9 Hours
- 10 Hours

3

Free automatically places the number of hours you selected as free time in your calendar.

You can edit the times free has determined. Click to confirm.



4

Be **free** !

During this free time, all of your technological devices will be shut down, allowing for you to have uninterrupted relaxation.

Note:

Free understands that sometimes during your free time, important notifications come up that are urgent. Free supports the feature to choose specific people whose notifications will not be silenced. If you are on your free time and a specific person notifies you, your phone will be turned back on and you will be alerted.

Additionally, Free will be unable to adequately provide times to spend being free if your calendar is not completely updated. Please be sure to put all obligations in your calendar to ensure that Free provides the best scheduling help.

Manifesto

In today's society, work-life balance has all but disappeared with the presence of technology. Now that people can work from virtually anywhere with an internet connection, they are expected to be answering emails and responding to their boss at all times, even when they are at home with their families. Some people have tried to retain some semblance of balance by setting aside free time for themselves to be separated from their work and technology. However, it is too easy for this time to be rescheduled again and again and eventually be pushed off altogether because other work is seen as "more important." Even if this free time does occur, it is extremely difficult not to be distracted by a constant stream of incoming notifications.

With Free, we make sure that your scheduled free time happens. We understand that your calendar is your holy grail, so we schedule your free time right into it. During that time, you will be sure that you will not be bothered by your normal flood of notifications and can instead spend the time going for a walk, being outdoors, or talking to a peer. You will not be distracted by social media or the endless black hole of the internet because your technological devices will be powered off.

However, we also know that life does not just stop. That is why we have added a feature that will still alert you of notifications from certain contacts. If you need to make sure you can reply in a moment's notice to your boss or significant other, just list their contact under the list of those whose notifications will not be silenced. Bring your phone with you during your free time and rest assured that those important pings, and only those important ones, will still come through.

If you are a business owner, be sure to check out our Free for Companies package. Included in this package is a way to track how many hours of free time your employees are spending each week. You can record the amount of free time each employee takes and see how productivity increases overnight!

Here at Free, we believe that free time is essential to a happy life. We encourage you to increase the amount of time each week you spend free. With just a few more hours per week, you will see yourself become exponentially more joyful. This time scheduled in to rest, relax, and refresh will increase your quality of life and make every moment of your life more bright.