

Plug it in. Start **sipping**.

A coaster that counts every glass. Three steps and you're in.



SET UP

1

Download app

Download the Autonomous app at autonomous.ai/habits

2

Plug it in.

Connect the device to a USB-C power cable. Keep it plugged in.

3

Follow the setup guide in app.

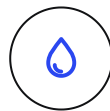
Sign in, tap **Add new device** and follow along.

USE IT



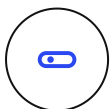
Set the glass down

Every sip is counted. Nothing to tap.



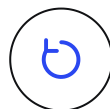
After a refill

Place the glass on the device for 2 seconds before drinking. Keeps the count accurate.



1 click

See your daily progress.



Hold 5 seconds

Reset Wi-Fi.