



Items you will need to create a Kickbox Red Box:

Red Mailing Box

Size: LENGTH = 13", WIDTH = 10", DEPTH = 2".

Purchase from Papermart here:

<http://www.papermart.com/Product%20Pages/Product.aspx?GroupID=39465&SearchItemNumber=6913530#6913530>

Note: there is a video on website on how to construct the box

Timer

Needs to have time adjustment capability as well as Stop/Start

Purchase in bulk from DollarTree:

<http://www.dollartree.com/household/kitchen-dining/kitchen-utensils-accessories/Cooking-Concepts-Digital-Electronic-Kitchen-Timers/500c526c532p346348/index.pro?method=search>

Notebook (7 x 5 inch)

Can be purchased at Staples or your local office supply store

http://www.staples.com/Staples-1-Subject-Notebook-7-3-4-inch-x-5-inch-3/product_280354

Mini Composition Book, 3 1/4" x 4 1/2":

Can be purchased at Staples or your local office supply store

http://www.staples.com/Staples-Mini-Composition-Book-3-x-4-College-Ruled-80-Sheets-2-Pack/product_658961

Pilot® Precise V7 Needle Rollerball Pen, Fine Point

Can be purchased at Staples or your local office supply store

http://www.staples.com/Pilot-Precise-V7-Needle-Rollerball-Pen-Fine-Point-Black-Dozen/product_205138

Post-it

3 x 3 Post-it notes, two pads needed per box (different colors)

Found at any local office supply store.

http://www.staples.com/Post-it-3-x-3-Jaipur-Colors-Notes-5-Pads-Pack/product_470369

Sturdy Foam Board

The foam board should be 11.5" x 12.5".

Can be purchased in bulk here: <http://www.officesupersavers.com/viewProduct.asp?SKU=EPI951120>

Note you will need to cut the boards to the correct size

Red Envelopes

Red envelopes 6 x 9 Open End

<http://www.jampaper.com/ecom/index.asp/show/detail/cat/52/prd/2349/c/1103/s/6274>

One envelope per box, envelope will be cut in half to create two sleeves

KickBox Red Box label

If using tabloid layout (attached) use tabloid paper (11x17in) on a color printer supporting that size

Or print full label (attached) using a professional printer

Use double sided tape or glue to paste edges to form a loop around box

Alternatively, you may use a text only label using shipping labels such as these:

http://www.avery.com/avery/en_us/Products/Labels/Shipping-Labels/White-Shipping-Labels_08164.htm?N=&Ns=Rank|0||Product%20Number||&refchannel=d6c759baa4c2a110VgnVCM1000002118140aRCRD

Bad Ideas Label

Avery shipping labels work best, label should be 2.25" x 3.5"

<http://www.avery.com>

Starbucks gift card

Can be purchased on-line or at your local store

Chocolate bar

We purchase from Cost Plus World Market (in store purchase only, not available on-line)

Steps to assembling Red Box:

1. Fold your red box.

2. To customize your Kickbox label you will need to either edit one of the provided label layouts (see following pages) or download the template from Avery for text only labels:

http://www.avery.com/avery/en_us/Templates-%26-Software/Templates/Labels/Shipping-Labels/Shipping-Label-6-per-sheet--3-13x4_Microsoft-Word.htm?N=4294967206&refchannel=c042fd03ab30a110VgnVCM1000002118140aRCRD

3. The top shelf is made out of the foam board. The foam board should be 11.5" x 12.5". We then slice the board 1.00" from top and bottom to make the board bendable, thus creating the shelf.

4. Cut your red envelope in half, you will now have two open ends. Glue the envelopes onto the foam board to create sleeves. Envelopes should now be 4.5" x 6" each.

5. Reference cards are printed on heavy stock paper (120lb Cardstock) on an Indigo high-quality digital press. These cards will fit into your top sleeve. Cards size is 8.25x5.3/8.

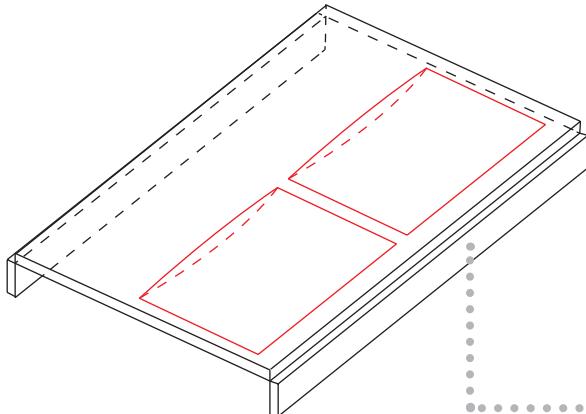
6. Kickbox canvas will need to be printed on a 11 x 17 paper (black and white). This paper will need to be folded in half to fit into the box.

7. Scorecard is printed in color on a standard letter paper. Scorecards can be placed in between the Canvas to be neatly organized, but not necessary.

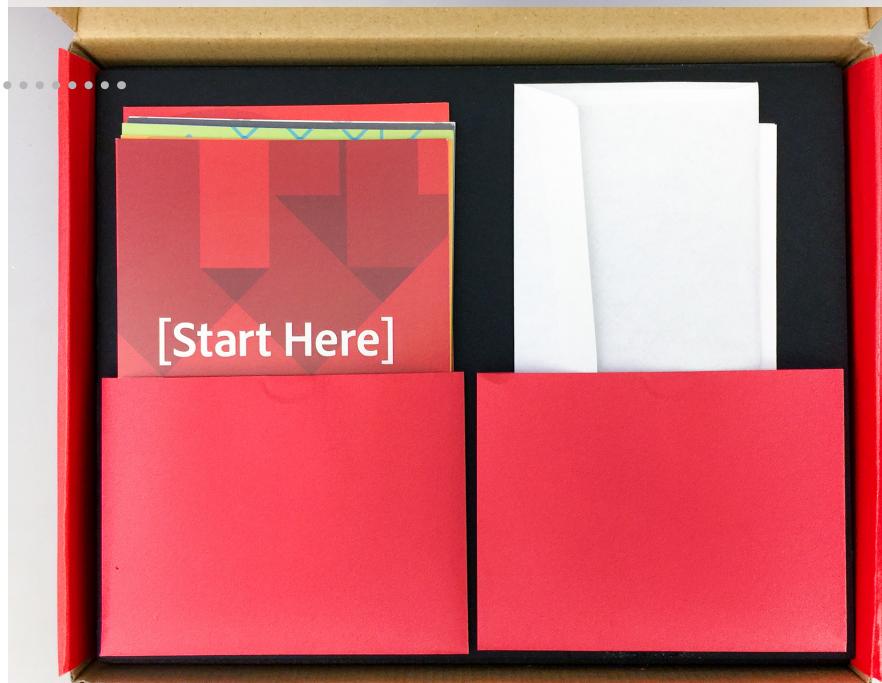
8. Print label for Bad Ideas mini composition notebook. Label size needed 2.25 x3.5. Place label on front of mini notebook.

9. Place the following items in the bottom of the box: notebook, pen, Bad Ideas notebook, Starbucks gift card, chocolate, timer and two color post-it.

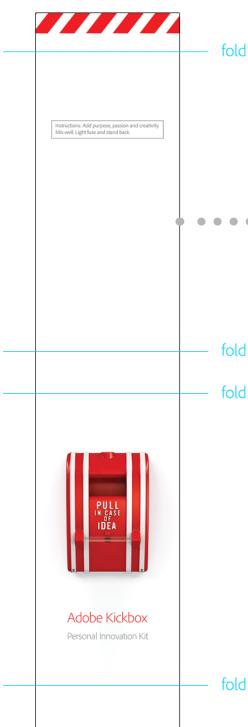
Items that go in the bottom "shelf" of the box:



Foam-board top shelf with red envelopes should fit over other items like this:



Fold and stick edges of label to form a loop around the box as shown below:



With this layout you can print a Redbox label in two parts on to a Tabloid sized paper (11 x 17 in)

- Cut along crop marks indicated with ✂
- Discard gray areas
- Paste strip in two places to form a loop around box

Use double sided tape or glue to attach these ends to their corresponding edges:

This edge attaches behind the bottom of the other strip
(Overlap until gray line is just about covered)



This edge attaches over the bottom of the other strip
wrapping around the box



Instructions: Add purpose, passion and creativity.
Mix well. Light fuse and stand back.

Adobe Kickbox

Personal Innovation Kit

Use this layout for professional printing of complete label

Instructions: Add purpose, passion and creativity.
Mix well. Light fuse and stand back.



Adobe Kickbox

Personal Innovation Kit