

Keep the tracker one tap away

Patterns show up over weeks, so the tracker works best when it is easy to open every day. Save it to your phone or computer once, and it opens like any other app. Choose your device, then follow the numbered steps. Each number matches a circle in the pictures.

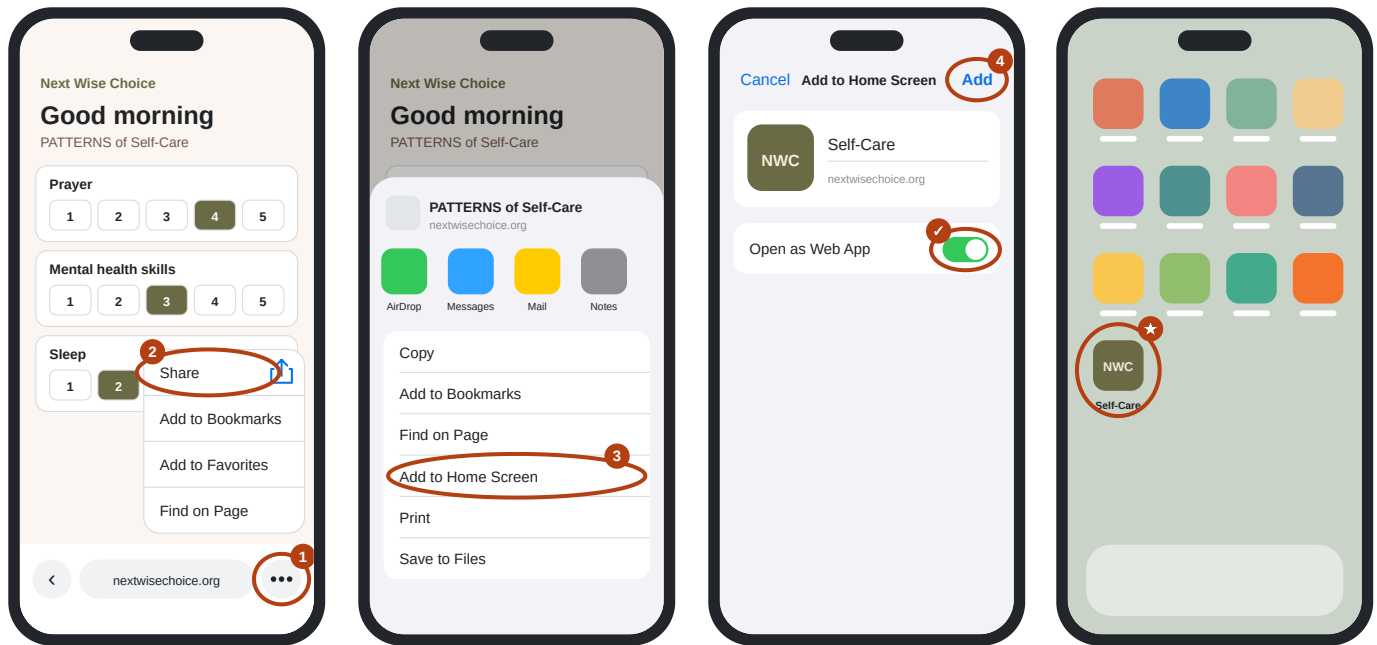
The pictures are simple drawings, so your screen may look a little different, especially on an older phone or computer. The buttons have the same names.

iPhone & iPad

Save the tracker to your home screen

- 1 Open the tracker in Safari. Tap the three dots  at the bottom right.
- 2 Tap **Share**.
- 3 Scroll down and tap **Add to Home Screen**. If you don't see it, keep scrolling or tap View More.
- 4 Leave **Open as Web App** switched on (green), then tap **Add**.

On an older iPhone, look for the Share button at the bottom of the screen, a square with an arrow pointing up. Tap it and go straight to step 3.

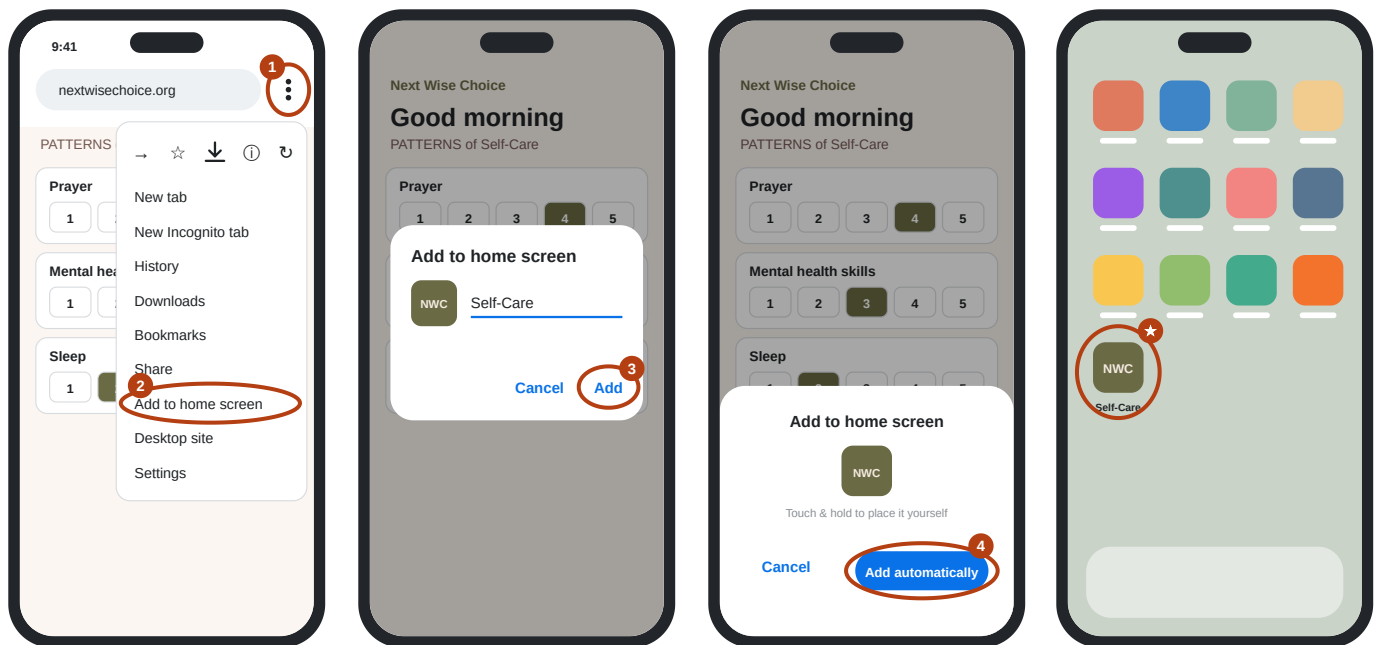


Open it from the new icon every day. The icon keeps its own history, separate from Safari. Start your check-ins from the icon and keep using it there.

Android

Save the tracker to your home screen

- 1 Open the tracker in Chrome. Tap the three dots  at the top right.
- 2 Tap **Add to home screen**. If your phone says Install app, tap that.
- 3 Keep the name or type your own, then tap **Add** (or Install).
- 4 Tap **Add automatically**, or touch and hold the icon and drag it where you want it.



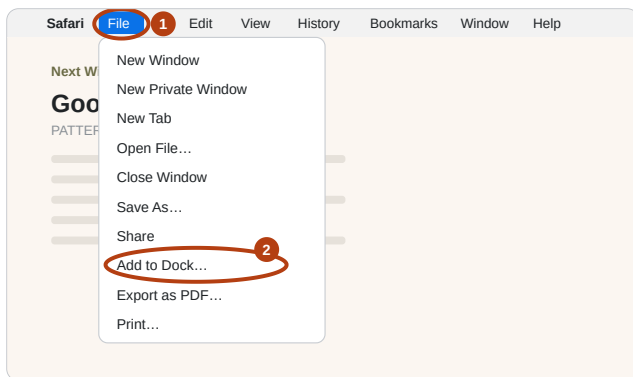
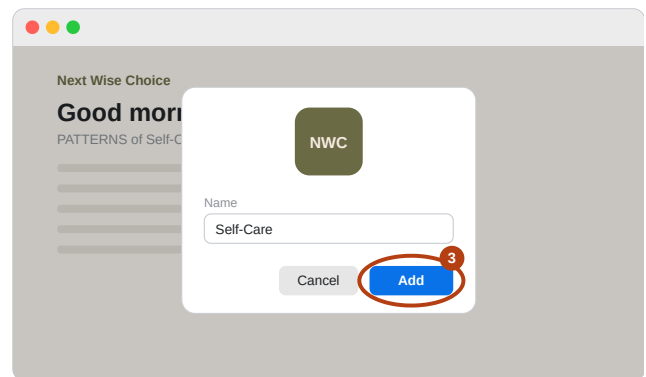
Using Samsung Internet? Tap the menu  at the bottom, then Add page to, then Home screen.

Open it from the new icon every day. Your check-ins stay with the icon on this phone.

Mac

Save the tracker to your Dock (Safari)

- 1 Open the tracker in Safari. Click **File** in the menu bar at the very top of the screen.
- 2 Click **Add to Dock...**
- 3 Keep the name or type your own, then click **Add**.



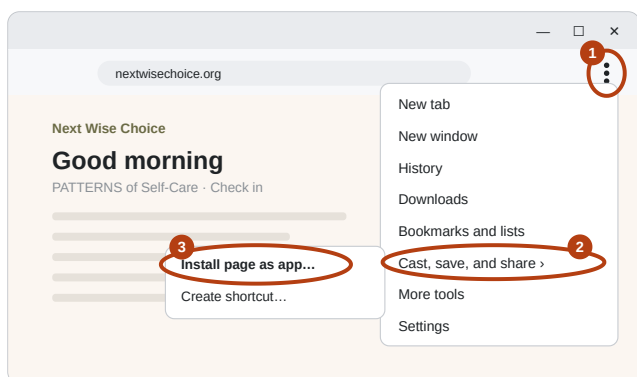
Don't see Add to Dock? It needs macOS Sonoma or newer. You can use the Chrome steps below, or bookmark the page by pressing Command (⌘) and D together.

Open it from the new icon in your Dock every day. It keeps its own history, separate from Safari. You'll also find it in your Applications folder.

Using Chrome instead?

- 1 Open the tracker in Chrome. Click the three dots  at the top right.
- 2 Click **Cast, save, and share**.
- 3 Click **Install page as app...**, then **Install**.

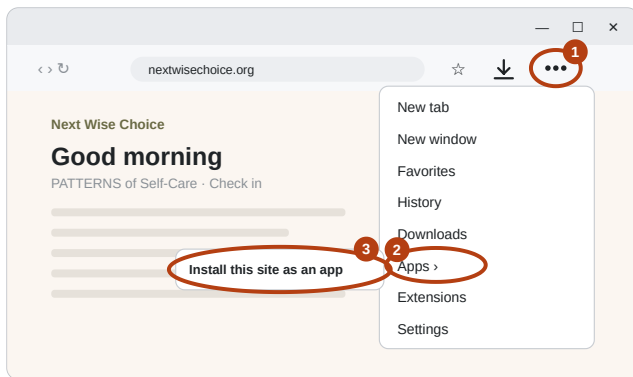
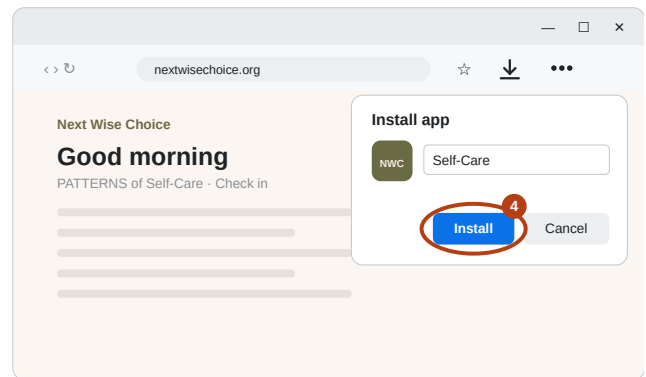
Only see **Create shortcut...**? Click it, check Open as window, and click Create.



Windows

Save the tracker to your desktop (Microsoft Edge)

- 1 Open the tracker in Edge. Click the three dots **...** at the top right.
- 2 Click **Apps**. On some computers it sits inside More tools.
- 3 Click **Install this site as an app**.
- 4 Click **Install**. If Edge asks about pinning it to your taskbar, Start menu, or desktop, check the boxes you'd like and click **Allow**.

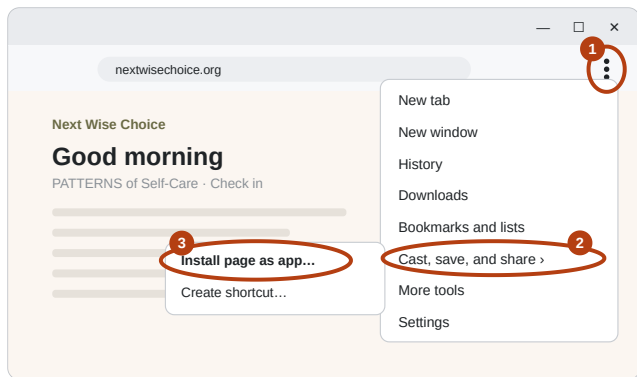


Open it from the new icon every day. It keeps its own history on this computer.

Using Chrome instead?

- 1 Open the tracker in Chrome. Click the three dots **:** at the top right.
- 2 Click **Cast, save, and share**.
- 3 Click **Install page as app...**, then **Install**.

Only see **Create shortcut...**? Click it, check Open as window, and click Create.



Keep your check-ins safe

Your ratings, notes and goals stay private. They live only on the device where you enter them, which also means they need a little care.

- Check in from the same phone or computer each day. Your history won't appear on your other devices.
- Once you save the tracker to your home screen, Dock or desktop, always open it from that icon. The icon keeps its own history, separate from your web browser, so check-ins made in the browser stay in the browser.
- Clearing your browser history or website data erases your check-ins. Removing the app icon can erase them too.
- Private and Incognito windows forget everything when you close them. The tracker shows a note at the top when it can't save.
- On iPhone and iPad, Safari may clear a website's saved data if you haven't visited in about a week. Apps added to your home screen keep theirs, which makes the home screen icon the safest place to track.

Still stuck?

That's okay. Technology changes its buttons more often than any of us would like. Ask someone nearby to sit with you for two minutes, or reach out to Next Wise Choice and we'll walk through it with you.

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