MoodFlow

Privacy Policy

Effective November 26, 2026 · MoodFlow for iPhone and iPad, and moodflow.org

The short version

MoodFlow doesn't collect any data. Your logs stay on your device. There's no account, no ads, no analytics and no tracking, and we never see what you log.

Who we are

MoodFlow is developed by Juan Carlos Estevez Rodriguez, who is responsible for the MoodFlow app for iPhone and iPad, this website, and the personal data described in this policy. MoodFlow is run from Mexico. If you have a question about this policy, email juancarlos_tec@proton.me.

What the app keeps on your device

Each time you log a feeling, MoodFlow saves three things:

- the feeling you picked (Rough, Low, Okay, Good or Great),
- when you felt it,
- when you logged it (these differ when you log for earlier).

MoodFlow also keeps your settings, such as reminder times. All of this lives in the app's private storage on your iPhone or iPad. The MoodFlow widget reads and writes the same storage on the same device. The patterns on the Shifts screen are worked out on your device every time you open it; they are never stored or sent anywhere.

None of this ever reaches us. MoodFlow has no account, no server and no sync, and the app doesn't connect to the internet.

What we don't do

- We don't collect, receive or store your logs or any other personal data.
- We don't use analytics, advertising or tracking, and we don't ask for permission to track you.
- We don't include third-party code (SDKs) in the app.

- We don’t sell or share personal data, because we don’t have any.

That’s why MoodFlow’s App Privacy label on the App Store says “Data Not Collected”.

Features that touch your data

Reminders

If you turn on reminders, iOS asks whether MoodFlow may send you notifications. Reminders are scheduled on your device by iOS. No push service or server is involved, and you can turn them off in MoodFlow or in the iOS Settings app at any time.

Export

Export creates a file with your logs on your device. Nothing is sent until you choose where it goes in the iOS share sheet. Once you share it, that copy is handled by the app or person you sent it to.

Delete all

Delete all permanently removes every log from that device. It can’t be undone. Deleting the MoodFlow app also deletes its logs. To remove a single log right after you make it, tap Undo.

Widget, Shortcuts and Siri

When you log from the widget, the Shortcuts app or Siri, the log is saved on your device just like a tap in the app. Siri requests are handled by Apple under Apple’s privacy policy; MoodFlow only receives which feeling you chose.

Apple Health

MoodFlow doesn’t read from or write to Apple Health. If that ever changes, it will be off until you turn it on, and we’ll update this policy before the feature ships.

Data that Apple handles

- **Backups and new devices.** If you back up your iPhone or iPad (with iCloud Backup or on a computer) or move to a new device, your MoodFlow logs travel with that backup or transfer. Apple handles it under your Apple Account and Apple’s privacy policy; we never get a copy. iPhone and iPad don’t sync with each other: each device keeps its own logs.
- **Crash reports.** If you turn on “Share With App Developers” in the iOS Settings app (Privacy & Security → Analytics & Improvements), Apple may share crash reports and anonymous usage totals with us. They don’t contain your logs, and we use them only to fix bugs.
- **The App Store.** Downloads, purchases and reviews go through Apple. We don’t receive your name, email or payment details.

This website

moodflow.org is a static website hosted on GitHub Pages and delivered through Cloudflare. It has no sign-up, no forms, no cookies, no analytics and no trackers.

- The site remembers your language, theme and text size in your browser's local storage, so it looks the same next time. That stays in your browser and is never sent to us. You can clear it in your browser's settings.
- Like any web host, GitHub and Cloudflare process technical information such as your IP address and browser type to deliver the site and protect it from abuse. Cloudflare shows us traffic totals (for example, the number of visits per country), never who you are. Their privacy policies apply to that processing.
- Links to the App Store take you to Apple, where Apple's privacy policy applies.

When you email us

If you email us, we receive your email address and whatever you write. We use it only to reply to you. We keep the conversation in our inbox for as long as it's useful to help you, then delete it, and we never share it. You can ask us to delete it at any time.

Children

MoodFlow doesn't collect personal data from anyone, including children.

Your rights

The data MoodFlow creates stays under your control on your device: you can export it or delete it whenever you like.

Under Mexico's Federal Law on the Protection of Personal Data Held by Private Parties (LFPDPPP), and similar laws where you live (such as the GDPR in Europe or state privacy laws in the US), you can ask to access, correct or delete your personal data, or object to its use. In Mexico these are called ARCO rights. Because the app sends us nothing, these rights only apply to emails you have sent us. Email juancarlos_tec@proton.me and we'll answer within 20 business days. You can also contact the data protection authority in your country.

Changes to this policy

If this policy changes, we'll post the new version on this page with a new effective date. If a change affects what the app does with your data, we'll publish it before that version of the app is released.

Contact

Questions or requests: juancarlos_tec@proton.me

MoodFlow is for personal reflection. It does not provide medical advice.

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