MoodFlow

Support

MoodFlow for iPhone and iPad · Updated November 26, 2026

Need a hand?

Email juancarlos_tec@proton.me and we'll get back to you, usually within a few days. It helps to mention your iPhone or iPad model, its iOS version, and what you were doing when it happened.

Before you start

- MoodFlow runs on iPhone with iOS 26 or later and on iPad with iPadOS 26 or later.
- It's available in English, Spanish and French, and follows your device's language.
- There's nothing to set up: no account, no sign-in, no permissions needed.

Logging

How do I log how I feel?

On Today, tap one of the five faces. That's it: the log is saved with the current time, and a short message confirms it, like "Logged Good · 2:14 PM".

I forgot to log earlier. Can I still add it?

Yes. Touch and hold a face, then pick one of the quick times, or "Pick a time…" to choose your own.

I tapped the wrong face.

Tap "Undo" in the message that appears right after you log.

Calendar and Shifts

What do the colored marks in the calendar mean?

Each mark is one log, in the order you made them, so a steady day and an up-and-down day look different at a glance. Tap a day to see its logs in time order. Empty days just look empty: there are no streaks to keep.

Why is the Shifts screen empty?

Shifts needs a few days of logs before it has anything to say. Until then it shows “Log a few more days and your patterns will show up here.” Keep logging whenever you think of it.

What counts as a shift?

Two logs less than four hours apart that are at least two steps apart, for example Good and then Low. Shifts only describes what you logged; it never judges it.

Widget, Shortcuts and Siri

How do I add the widget?

Touch and hold an empty spot on your Home Screen, tap Edit, then Add Widget. Search for MoodFlow, choose the medium or large size, and tap Add Widget.

Can I undo a log from the widget?

Yes. Right after you tap a face, the widget shows the log with “Undo” for two minutes.

Can I log with Siri or a shortcut?

Yes. In the Shortcuts app, add MoodFlow’s “Log Mood” action. You can then run it with Siri, from your Home Screen, or with the Action button on iPhone models that have one.

Reminders

How do I turn reminders on?

On Today, tap the gear button, then Reminders, and choose when you’d like a nudge. iOS will ask whether MoodFlow may send notifications.

My reminders don’t show up.

Open the iOS Settings app, tap Notifications, then MoodFlow, and make sure Allow Notifications is on. Also check that a Focus isn’t silencing them.

Your data

Where are my logs stored?

Only on your device. MoodFlow has no account and no server, and we never see what you log. Details are in the Privacy Policy.

Will my logs move to a new iPhone?

Yes, if you set up the new iPhone from an iCloud Backup, a computer backup or Quick Start. If you set it up as new, your logs stay on the old device.

Do my iPhone and iPad sync?

No. MoodFlow doesn’t sync, so each device keeps its own logs.

How do I export my logs?

Tap the gear button, then Export. Choose where to save or send the file in the share sheet.

How do I delete everything?

Tap the gear button, then Delete all. This permanently removes every log on that device and can’t be undone. Deleting the app also deletes its logs.

Something isn’t working

The widget isn’t updating.

Make sure MoodFlow is up to date in the App Store, then remove the widget and add it again. If that doesn’t help, restart your device.

The app closed unexpectedly.

Update to the latest version. If it keeps happening, email us what you were doing at the time. Turning on Share With App Developers (Settings → Privacy & Security → Analytics & Improvements) sends us the crash report through Apple. It never includes your logs.

Ideas and feedback

We read every message. Email juancarlos_tec@proton.me with ideas, bugs or anything that felt harder than it should.

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

If you’re going through a hard time, reach out to someone you trust or call your local emergency number.

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