



Daylio

A private, micro-journal and mood tracker app that uses a simple icon-based system to quickly log moods, activities, and identify behavioral patterns.

<https://daylio.net>

Overview

Daylio is a highly-rated, user-friendly micro-journal and mood tracking application available on iOS and Android. It is designed to help users track their moods, habits, and activities with minimal effort, making it ideal for those who dislike traditional long-form journaling or have busy schedules.

Core Features & Capabilities

The app's primary function is to allow users to create an entry in just two taps: selecting a mood on a five-point scale and choosing associated activities from a customizable list.

Mood & Activity Tracking: Quick, icon-based logging of daily moods and activities, which can be fully customized with a large database of icons and emojis.

Statistics and Charts: The app crunches the logged data to generate insightful statistics, charts, and correlations, helping users identify patterns between their activities and mood changes. Key visualizations include a monthly mood line graph and the 'Year in Pixels' display.

Goal Setting: Users can set daily, weekly, or monthly goals to build positive habits and track their progress via a daily streak system and achievements.

Journaling Flexibility: While designed for minimal writing, users can optionally add notes, writing templates, photos (up to three per entry), or voice memos to their entries for more detail.

Pricing and Premium Features

Daylio operates on a **freemium** model. The free version offers significant core functionality. The **Premium** subscription unlocks extra features, including:

Advanced statistics and deep-dive analytics for every mood and activity.

Unlimited goals, moods, and icons.

Automatic cloud backups (to Google Drive or iCloud).

PIN lock for added privacy on the device.

Removal of advertisements on Android.

Privacy and Security

A key feature of Daylio is its commitment to privacy: **all user-generated data is stored locally on the user's device** and is not sent to Daylio's servers. Optional cloud backups (Google Drive/iCloud) are transferred via secure (encrypted) channels, though the data itself relies on the cloud provider's encryption, not Daylio's end-to-end encryption.

Key Features

- Mood Tracking (5-point scale)
- Activity/Habit Tracking
- Customizable Icons and Moods
- Goals and Achievements
- Statistics and Charts ('Year in Pixels')
- Optional Text/Photo/Voice Memo Entries
- Automatic Cloud Backup (Premium)
- PIN Lock (Premium)

Pricing

Model: freemium

Offers a free version with core features. Premium subscription is available for \$4.99 monthly or \$35.99 annually, which includes advanced stats, unlimited goals, automatic backups, and a PIN lock.

Starting at: USD \$35.99

Integrations

Apple Health

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