in+out-O-mator

User Manual

As of: June 26, 2026

Version 1.8.0-12

Contents

Quick Start

Install the App

{{video: onboarding}}

Goal: Ready to go in 5 minutes.

What You Need

- An iPhone running **iOS 26 "Tahoe" or later**
- An internet connection

Step by Step

1. Install in+out-O-mator → **Open directly in the App Store**

Or manually:

1. Open the **App Store** on your iPhone
2. Search for **"in+out-O-mator"**
3. Tap **Get** → Install

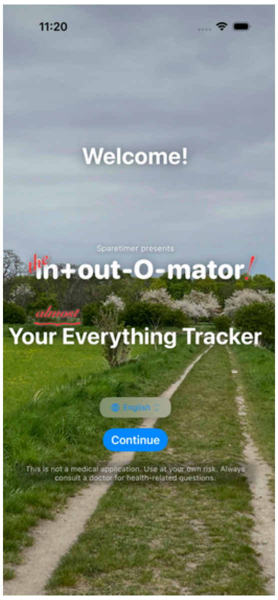

Fig. 1: Welcome Screen — choose language

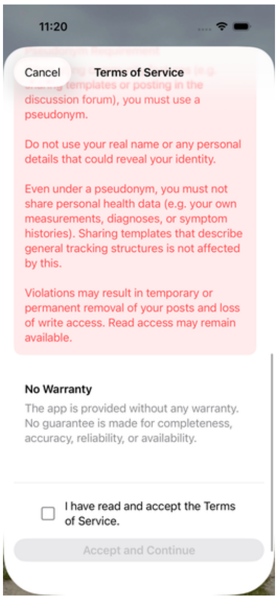

Fig. 2: Terms of Service

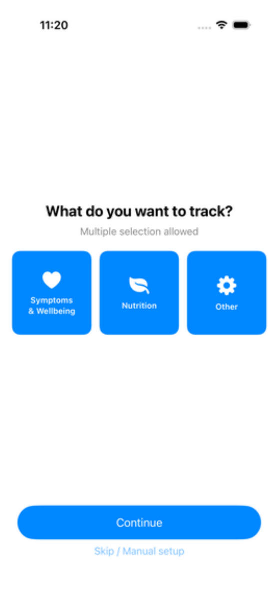

Fig. 3: Choose focus areas

2. Launch the App & Choose Language Tap the app icon. You'll see the **Welcome Screen** 1 — select your language and tap **Continue**.

3. Terms of Service Scroll to the bottom of the Terms of Service 2, check the checkbox, and tap **Accept**.

4. Choose Your Focus Select what you want to track 3 — e.g. Symptoms, Nutrition, and/or Other. Multiple selections are possible.

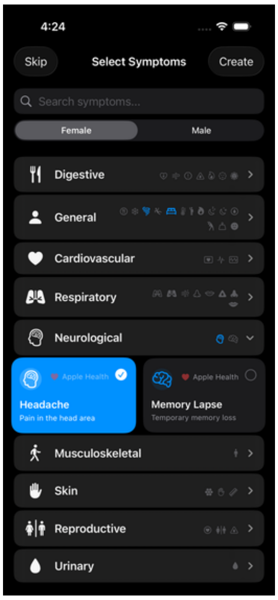

Fig. 4: Symptom selection

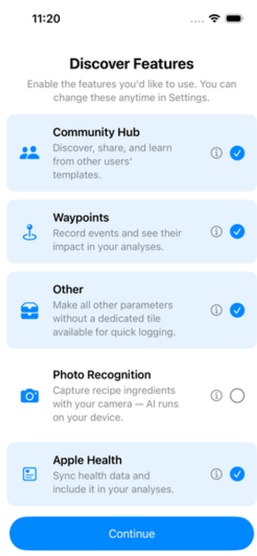

Fig. 5: Enable features

Fig. 6: Choose colour palette

5. Select Symptoms Expand the categories and choose your symptoms 4. Tap **Create** when done.

6. Activate Features Choose which optional features to enable 5 — e.g. Waypoints or the Community Library.

7. Colour Palette Pick a colour palette 6 — you can change it any time later.

8. Done — Your Dashboard After onboarding you land directly on your Dashboard 7.

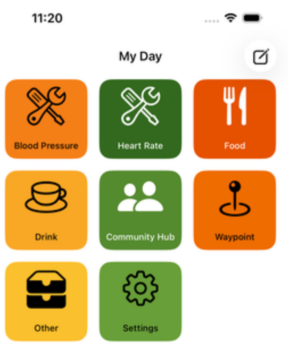

Fig. 7: Dashboard after onboarding

Checklist

- in+out-O-mator installed from the App Store
- Language selected, Terms of Service accepted
- Focus, symptoms, and features configured
- Colour palette chosen
- Dashboard opened

Skip Onboarding

You can skip the setup wizard and start directly with an empty dashboard.

{{video: onboarding_skip}}

Simple Mode & Advanced Mode

The app launches in **Simple Mode** by default — ideal for getting started. Switch to Advanced Mode at any time to unlock all features.

{{video: einfacher_modus}}

{{video: erweiterter_modus}}

What Happens Next?

Your Dashboard is ready. Now you can record your first event.

Recording Your First Events

{{video: erstes_ereignis}}

> **Goal:** You understand how onboarding works and have saved your first event.

What Is an Event?

An **event** is the smallest unit in the app:

```
Event = Timestamp + Parameter + Value

Examples:
  12/03/2026 14:05 | Headache       | mild
  12/03/2026 19:30 | Coffee         | 250 ml
  12/03/2026 23:10 | Sleep quality  | good
```

Every event needs **a parameter** (what you're tracking) and **a value** (how it was).

Onboarding: Setup in 4 Steps

The very first time you launch the app, it guides you through the initial setup. You can skip onboarding at any time and fill things in later via Settings.

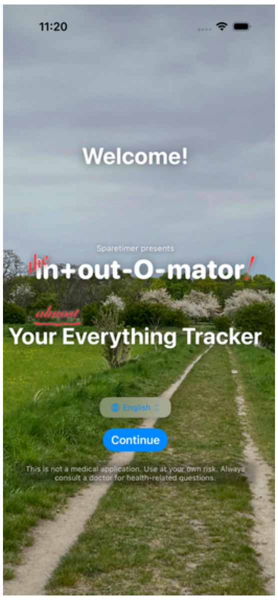

Fig. 8: Welcome — choose language

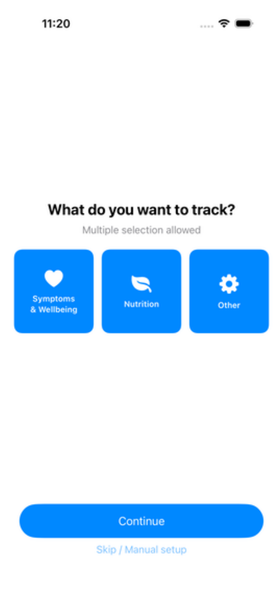

Fig. 9: Choose focus areas

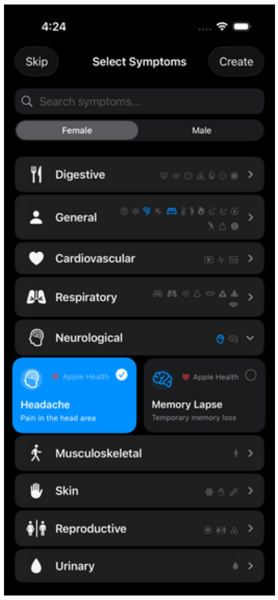

Fig. 10: Symptom selection

Step 1: Choose Your Focus Select what you mainly want to track. This influences which suggestions and options appear in the next step. 3

Focus	Fits me if...
Symptoms & Health	I want to monitor complaints, medication or wellbeing
Nutrition	I want to understand what I eat
Other / Custom	I want to track something completely individual

□ You can choose multiple focus areas at once – the selection is not exclusive.

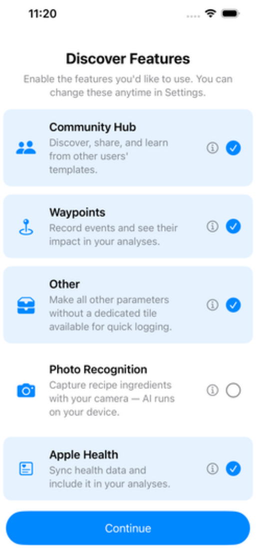

Fig. 11: Enable features

Fig. 12: Choose colour palette

Fig. 13: Result: First dashboard

Step 2: Enable Features Decide which optional areas you'd like to use. Anything you don't enable here isn't gone – you can add it later in Settings. 5

Feature	What it does
Community Hub	Share and download templates with others
Waypoints	Note life events and context markers
Photo Nutrition Analysis	Log meals via camera photo (Beta)
Apple Health	Sync data with the Health app
Other	All parameters and groups not assigned to the above categories – always available as a catch-all tile

□ If you selected "Symptoms & Health" as your focus, Apple Health is pre-selected automatically.

Step 3: Choose a Colour Palette Choose the look of the app. You can change this at any time in Settings. 6

Step 4: Done The app sets everything up and you land on the dashboard. 7

Recording Your First Event

Fig. 14: Dashboard after onboarding

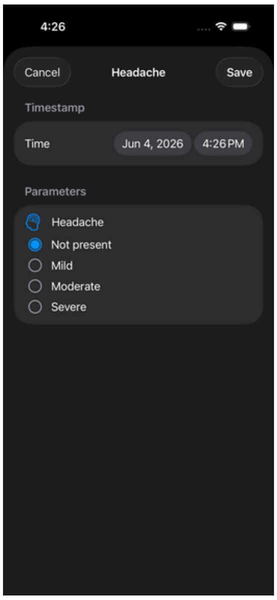

Fig. 15: Event input form

After onboarding you see your dashboard. Depending on your chosen focus, parameters are already prepared. 8

How to record an event:

1. Tap a parameter tile on the dashboard
2. The input form opens 9
3. Enter the value (slider, tap, selection – depending on the parameter type)
4. Tap **"Save"**

Fig. 16: Dashboard after saving

That’s it. The event is saved. 10 Later you can configure the tile to display the value or mini-reports directly.

Skip Onboarding

Not in the mood for the guided setup? Tap **“Skip”** – you’ll go straight to the empty dashboard.

Recommended quick-start steps afterwards:

1. Tap **Settings** (bottom tab bar)
2. Open the **Template Library**
3. Download a suitable template – ready-made parameter sets for common use cases

→ More details: Template Library

Editing Events

Made a typo or set the wrong time?

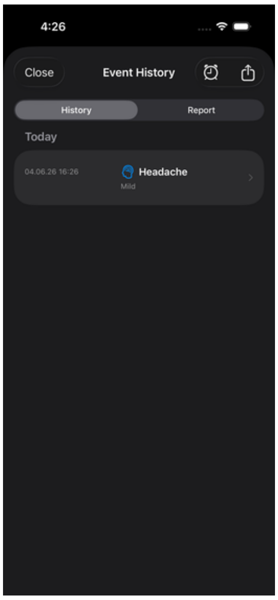

Fig. 17: Event history (long press on tile)

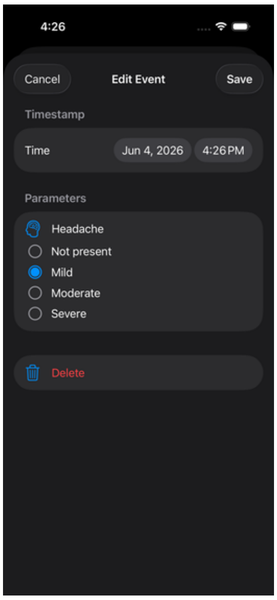

Fig. 18: Edit event

1. Open the event history by long-pressing a tile on the dashboard 11
2. Tap the event 12
3. Change value, time or note → **“Save”**

Checklist

- Onboarding completed (or skipped)
- At least one parameter set up
- First event recorded

Setting Up Your First Dashboard

{{video: erstes_dashboard}}

> **Goal:** A personal start page with your most important parameters – for quick one-glance tracking.

Creating a Dashboard – Step by Step

Note: If you came through the Quick Start flow you'll already see the Dashboard configuration menu for the "My Day" dashboard. Instead of the + **(Plus)** at the top left you'll see the ⊕ in the first row of the preview section.

1. Open Settings Tap the **Settings** tile with the ⚙ **gear icon** on the **Dashboard**, or swipe left and tap → ⊞ **Dashboards**

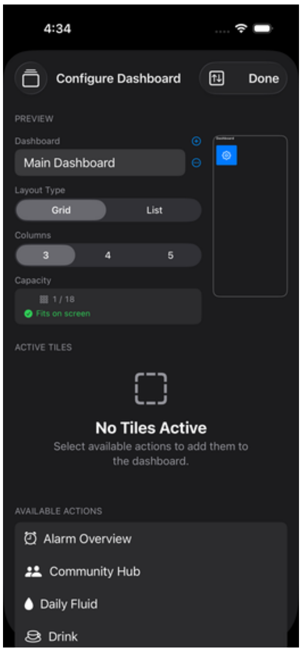

Fig. 19: Dashboard-Konfiguration

2. Create a New Dashboard Tap + **(Plus)** in the top right.

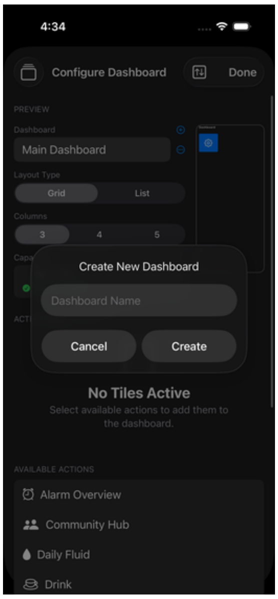

Fig. 20: Neues Dashboard benennen

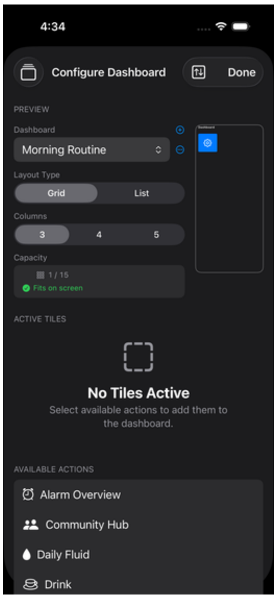

Fig. 21: Leeres neues Dashboard

3. Select Actions You see a list of **"available actions"** – these are your configured parameters and groups.

- Tap an entry to **activate it** (it moves to the active list)
- Swipe an active entry **right to left** to deactivate it

▯ The list shows both individual parameters and groups. Food, Drinks and Waypoints are always available.

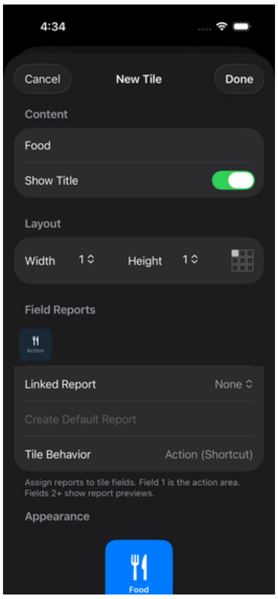

Fig. 22: Kachel-Editor nach Auswahl

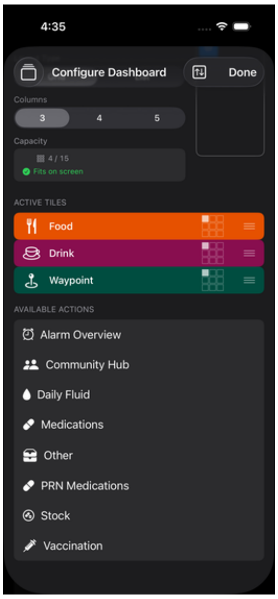

Fig. 23: Drei aktive Kacheln

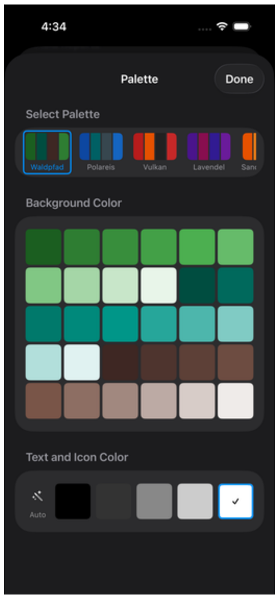

Fig. 24: Palette-Auswahl für Kachelfarbe

4. Choose a Layout Tap **"Layout"** to set the visual style:

`Options:`

```
▯ List    → compact list view, colorful
⊞ Tiles  → 3, 4 or 5 tiles per row
```

- With tiles you can **enlarge** individual tiles – useful for frequently used parameters
- The **simulated mini-dashboard** shows you a real-time preview

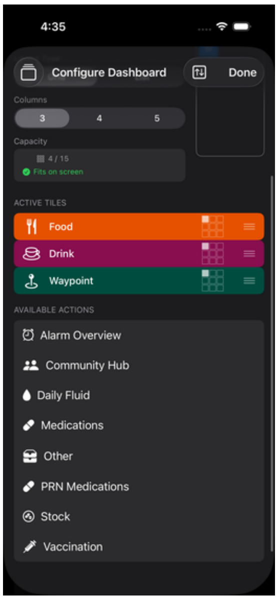

Fig. 25: Layout-Picker: Liste

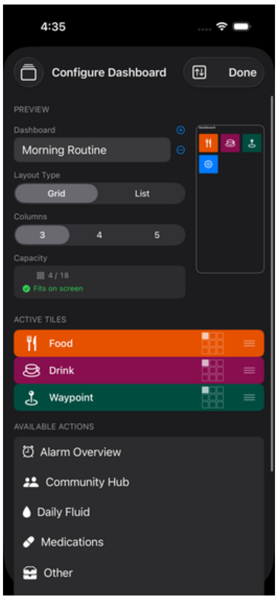

Fig. 26: Layout-Picker: Raster

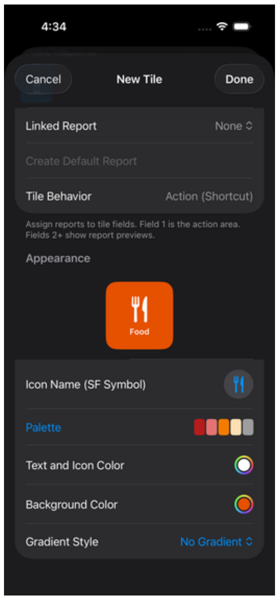

Fig. 27: Live-Vorschau im Kachel-Editor

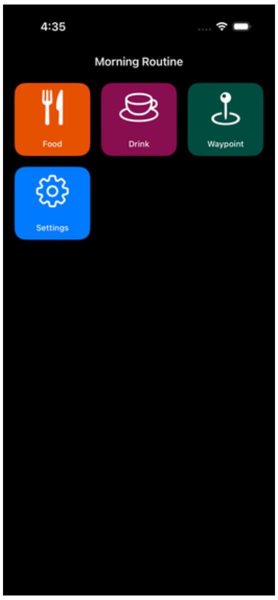

Fig. 28: Fertiges Dashboard: Liste

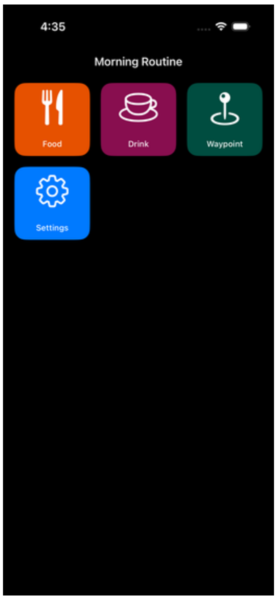

Fig. 29: Fertiges Dashboard: Raster

5. Finish Tap **“Done”** – your dashboard becomes the app’s new start page.

Optimizing Your Dashboard

Reorder tiles: Long-press the ☰ drag icon (3 lines on the right) → drag up or down

Check capacity: The app shows how many tiles fit on screen. An orange triangle means: this tile will be cut off → reorder.

Multiple dashboards: You can create as many dashboards as you like for different contexts (e.g. “Morning Routine”, “Sport”, “Nutrition”).

If Something Doesn’t Look Right

- **Lost in the app?** Close the app and restart it – you always land on your dashboard.
- **Empty dashboard?** Check whether you’ve set up parameters → Parameters

---

Checklist

- Dashboard created
- At least 3 parameters added as active tiles
- Layout chosen (list or tiles)
- First event recorded via the new dashboard

□ Basic Setup Complete!

You now have everything you need to get started. Next steps depend on your use case:

Using Multiple Dashboards

{{video: weiteres_dashboard}}

> You can create as many dashboards as you like — and switch between them with a swipe or a tile tap.

The Cycle Tile

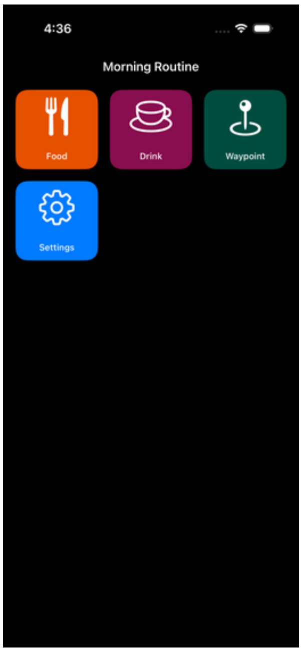

Fig. 30: Morning Routine as active dashboard with cycle tile to settings

Once you have more than one dashboard, a **Cycle Tile** 24 appears on your main dashboard automatically. It shows the name of the next dashboard — tap it to switch.

Switching Between Dashboards

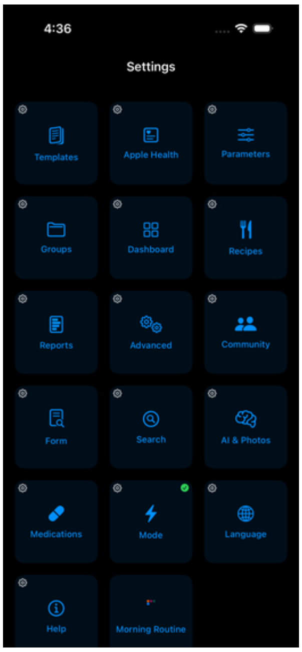

Fig. 31: Settings view after cycle tap (when only one user dashboard exists)

By tapping: Tap the Cycle Tile — the next dashboard becomes active 25.

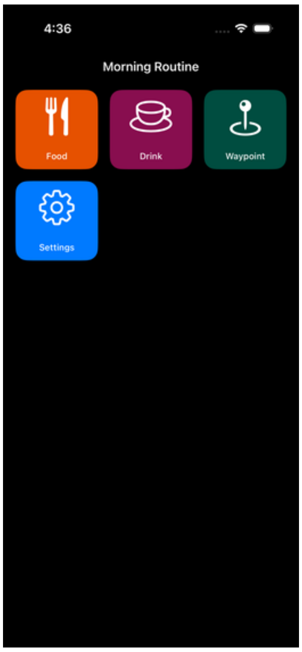

Fig. 32: Swiping back

By swiping: Swipe left or right on the dashboard 26 to navigate directly between all your dashboards.

Adding Another Dashboard

If you don't have a second dashboard yet: in **Settings → Dashboard** you can add as many as you like — just as described in Setting Up Your First Dashboard.

→ Back to Overview

Use Cases

Use Case: Symptom Tracking

> **For you if:** You want to observe health symptoms, wellbeing or physical states – and find out what factors influence them.

Time required: ~5 minutes to start, then ~30 seconds per entry

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What You Can Achieve

```
Week 1: Collect data (headaches, sleep, mood, …)
Week 2: Spot first patterns
Week 4: See possible correlations
```

Example: You track headaches and sleep quality. After 2 weeks you notice: on days with fewer than 6 hours of sleep, headaches occur more frequently.

Learning Path: Symptom Tracker in 3 Steps

Step 1: Start Immediately (5 minutes) Use the **Onboarding flow** with Apple Health symptoms:

1. Launch the app → Onboarding screen appears
2. Expand a category (e.g. "Neurological")
3. Select symptoms (e.g. Headache, Migraine)
4. Tap **"Create"**

Result: A dashboard with your symptoms. You can start right away.

> □ **Tip:** Start with a maximum of 5–7 symptoms. Less is more – better to track a few consistently than many irregularly.

Step 2: Configure the Dashboard (10 minutes) The dashboard is sufficient for pure data entry. For analysis you can extend it further:

→ How-to: Set up a dashboard

Step 3: Refine Parameters (optional, 15–30 minutes) If you want to go deeper, you can customize your parameters:

- Define a **rating scale**: What does "mild" vs. "severe" mean for you?
- Set a **value range** (e.g. pain scale 1–10)
- Add **more parameters** (mood, energy, sleep hours)

→ How-to: Configure parameters

Recommended Starter Parameters

This combination often yields the most insightful correlations:

Parameter	Type	Values
Headache	Scale	none / mild / moderate / severe
Sleep quality	Scale	poor / okay / good / very good
Sleep hours	Number	0–12
Mood	Scale	very bad → very good
Energy	Scale	exhausted → full of energy
Stress	Scale	relaxed → very stressed

> You don’t have to create these manually – search the Template Library for ready-made configurations.

Using Waypoints for Context

Special events that might affect your data can be marked as ⚓ waypoints:

- “Started antibiotics” / “Stopped antibiotics”
- “On vacation – less stress”
- “Trying a new medication”

These markers help you explain outliers in your data later.

→ Set up waypoints

Tips for Consistent Tracking

- **Fixed times help:** morning when waking up + evening before bed
- **No need for perfection** – patchy data is better than no data
- **Be honest** – subjective assessments are intentionally part of the design
- **Adjust timestamps** – forgot to log in the evening? No problem, the time is editable later

---

Frequently Asked Questions

Can I change the rating scale later? Yes. Changes to parameters only affect the interpretation – your event data remains untouched.

Can I import Apple Health data? Direct data exchange with Apple Health is still in development (coming in a later update).

How much data do I need for meaningful analysis? As a rule of thumb: at least 2 weeks of consistent tracking for first patterns, 4–8 weeks for more reliable correlations.

→ **Back to Overview** | **Nutrition Tracking** | **Custom Tracking**

Use Case: Nutrition Tracking

> **For you if:** You want to understand what you eat – and how your nutrition affects your wellbeing.

Time required: 15–30 minutes to set up, then ~1 minute per meal

---

What You Can Achieve

```
Macro level:    Calories, fat, carbohydrates, protein
Micro level:    Vitamins, minerals, amino acids (via BLS)
Correlations:   Nutrition ↔ energy, sleep, symptoms
```

Example: You track caffeine and sleep quality. After 3 weeks you notice: coffee after 2 pm correlates with poorer sleep quality.

The Pareto Principle for Nutrition Tracking

> **80% of the benefit with 20% of the effort.**

You **don't** need to define every meal in detail. Focus on the 20% of foods and drinks that make up 80% of your diet.

```
Typical approach:
  □ Define in detail: daily meals, regular snacks
  □ Use as placeholder: restaurant visits, exceptions
  □ Not necessary: every detail of a one-off restaurant visit
```

Learning Path: Nutrition Tracker in 3 Steps

Step 1: Start Logging Immediately – Use Placeholders (5 minutes) You can log food and drink right away, **before** defining any recipes:

1. Open the dashboard
2. Tap 🍴 **Food** or **Drinks**
3. Enter a name (e.g. "Pasta Funghi")
4. Create as a ? **placeholder**
5. Enter portion count → Save

> □ You can complete placeholders later when you have more time or the packaging is at hand.

Step 2: Define Your Key Recipes (15–30 minutes) For your most frequent meals it's worth going into detail:

→ How-to: Create recipes

Quick start via barcode scanner: 1. Tap + → Barcode icon 2. Scan the packaging 3. Open Food Facts (OFF) finds the product automatically 4. Add portion details → Done

Step 3: Use Analytics (advanced) Once you have enough data: - Weekly report: macro overview (fat, sugar, protein, …) - Micro analysis: vitamins, minerals (requires BLS-linked recipes) - Correlations: nutrition ↔ your own symptoms / wellbeing

Core Concepts of Recipe Management

🍴 **Recipe** A recipe describes a food or drink with its ingredients and quantities. It can be simple (a single BLS entry) or complex (custom-defined ingredients).

⍰ **Placeholder** A recipe without ingredients – just a name. Good for spontaneous entries. Not sufficient for nutritional analysis, but better than no entry.

⊕ **Variant** A group of interchangeable ingredients from which you choose when logging.

```
Example: Coffee with milk
  Ingredients: coffee (ground), water
  + Variant "Milk": Whole milk | Oat milk | Soy milk | (none)
```

This lets you create one recipe and still be flexible in daily logging.

Data Sources for Nutritional Values

The app uses two databases:

Database	Strengths	Weaknesses
BLS (German Food Composition Database)	Very detailed (micronutrients)	Mainly basic foods
Open Food Facts	Packaged products, barcode scanner	Declaration often incomplete

→ More details: Data sources explained

OFF–BLS Linking The app contains a growing **mapping bundle**: Over 1,000 OFF product categories are automatically linked to matching BLS entries. This means many scanned products immediately give you complete micronutrient data – without having to search for and assign BLS entries yourself. The bundle is extended with app updates and uses Wikidata data for automatic enrichment.

Additives (E-Numbers) Ingredients in OFF products that contain additives (e.g. E330, E415) are shown in the ingredient list with their English name – so you immediately see that "E330" stands for citric acid and "E415" for xanthan gum. Localization happens automatically without an internet connection.

Advanced Search In the OFF product search you can combine multiple search terms with a **semicolon**:

```
Example: "tomato; organic; crushed"
→ finds only products containing all three terms
```

This is especially useful when a single term returns too many results.

Tips for More Accurate Analysis

- **Portion sizes** – specify accurately when defining recipes
- **BLS linking** for OFF products where possible – many are already linked automatically
- **Log regularly** – patchy data distorts weekly averages
- **Use variants** to simplify entry

> Nutritional analyses are approximations. For medical dietary therapy always consult a healthcare professional.

Frequently Asked Questions

Can I build recipes from other recipes? Yes. Ingredients can themselves be recipes – for example “Bolognese” can contain “Tomato sauce” and “Ground beef” as ingredients.

What if a product isn’t found in OFF or BLS? You can add it manually as a recipe with your own nutritional values (from the packaging).

How often is the OFF database queried? At most once every 10 seconds (per Open Food Facts usage guidelines). An hourglass shows the wait time.

→ Back to Overview | Symptom Tracking | Configure Recipes

Use Case: Custom Tracking

{{video: blutdruck_showcase}}

> **For you if:** You want to track your own categories that no standard tool covers – or if you want full control over your configuration.

Time required: 30–60 minutes to set up (depending on complexity)

What You Can Track

The app intentionally has **no fixed focus**. Anything that can be described as an event with a timestamp and a value can be tracked:

```
Examples:
  Work:        Concentration (1–10), hours of focused work
  Sport:       Type of training, intensity, duration
  Environment: Noise level (light/moderate/heavy)
  Social:      Social energy, interactions (drained → recharged)
  Creativity:  Productivity, flow state
  Home:        Bedroom temperature, humidity
```

Learning Path: Custom Tracker in 4 Steps

Step 1: Think Through the Concept (10 minutes) Before you start configuring, clarify:

What do I want to measure? - Be specific: "Lower back pain intensity" rather than just "pain"

Which data type fits?

Type	When to use	Example
Scale (text)	Subjective assessments	mild / moderate / severe
Integer	Countable values	number of coffees, sleep hours
Decimal	Measurable quantities	body weight, blood pressure
Free text	Notes, descriptions	dreams, thoughts

What do the values mean? Should the analysis know whether a higher value is "better" or "worse"? - Pain scale: higher = worse → define a normal range - Sleep hours: 7–9 hours = optimal → normal range from 7 to 9

Step 2: Create Parameters (15–20 minutes) → Full instructions: Configure parameters

Quick guide: 1. ⚙ Settings → ☰ Parameters → + (Plus) 2. Choose icon, enter name, select type 3. Optionally: set value range and rating scheme 4. Choose UI control and test in live preview 5. Tap "Done"

Step 3: Group Parameters (optional, 10 minutes) If you want to record multiple related parameters at once:

→ Instructions: Parameter groups

Example blood pressure group:

```
Group "Blood Pressure"
  ├── Systolic  (Integer, 60–200)
  ├── Diastolic (Integer, 40–130)
  └── Pulse     (Integer, 40–200)
```

→ One tap = enter all three values simultaneously

Step 4: Design the Dashboard (10 minutes) → Instructions: Set up a dashboard

Recommendation for custom trackers: - Frequently used parameters: **large tiles** at the top - Rarely used: **small tiles** below or a second dashboard - Multiple dashboards for different contexts (morning, evening, sport)

Sharing Your Configuration

If you've created a great configuration, you can share it with others:

→ Template Library – Share your own templates

Advanced Concepts

Understanding the Rating Scheme The app can detect possible correlations between parameters. A meaningful **rating** of values is required:

```
Rating scale: -100% (bad/red) → 0% (neutral/yellow) → +100% (good/green)

Sleep example:
  < 5 hours  → red (-100%)
  5–6 hours  → orange (-50%)
  7–9 hours  → green (+100%)
  > 9 hours  → yellow (0%)  ← too much sleep is neutral, not positive
```

> Ratings can be changed at any time afterwards. Only the interpretation changes – raw data is always preserved.

Sections in Parameter Groups For complex groups you can visually divide parameters into **sections**:

```
Group "Morning Check-in"
  ── BODY ──
  Sleep quality | Energy | Pain
  ── MIND ──
  Mood | Stress | Motivation
```

Frequently Asked Questions

Can I rename parameters later? Yes. Renaming only changes the name, not the stored events.

What happens to old data if I change the value range? The events remain unchanged. Only the analysis/rating is recalculated.

Can I delete parameters? Yes, but all associated event data will be lost. Better to deactivate than delete.

→ **Back to Overview | Configure Parameters | Parameter Groups**

Configuration

Configuring Parameters

{{video: konfiguration_parameter}}

> **What is a parameter?** It describes *what* you want to track – and how the values should be interpreted for analysis.

Before You Start: 5 Questions

Take a moment to answer these questions for your new parameter:

1. **What exactly am I measuring?** (Be specific: "Headache intensity" rather than "pain")
2. **Which data type fits?** (Number, text, scale, …)
3. **Is there a sensible value range?** (e.g. 1–10, 36–42°C)
4. **What does a high/low value mean?** (Better? Worse? Neutral?)
5. **How do I want to enter the value?** (Slider, dropdown, text input, …)

> Parameters can be adjusted later. Even so, a moment of planning saves effort down the line.

Creating a New Parameter

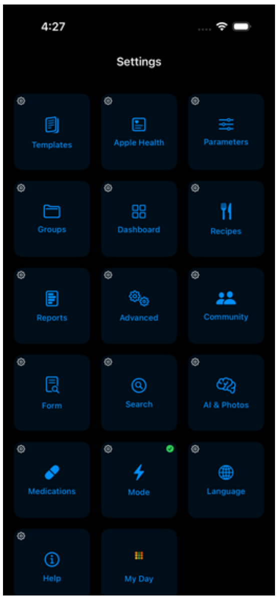

Fig. 33: Settings Dashboard

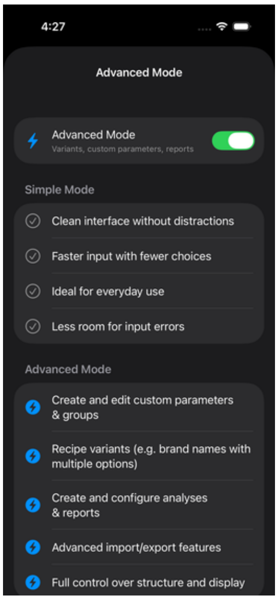

Fig. 34: Enable Advanced Mode

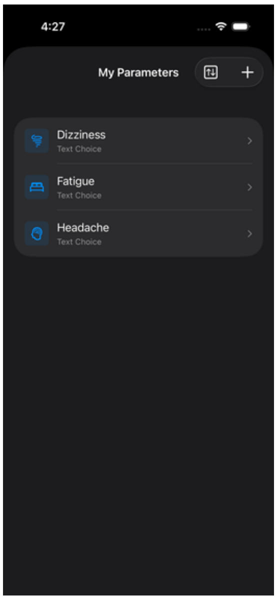

Fig. 35: Parameter list with + button

Step 1: Navigate Settings → Parameters → + (Plus, top right)

Fig. 36: Wizard Step 1: Name & Type

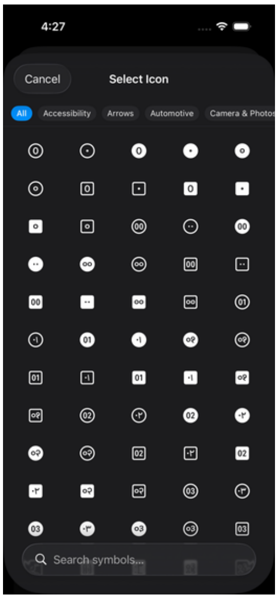

Fig. 37: Icon selection

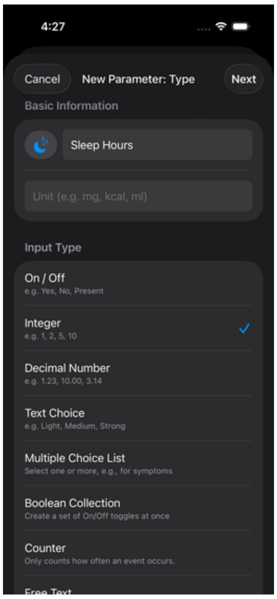

Fig. 38: Type selection

Step 2: Choose an Icon Tap the icon field → search for a fitting term → tap the icon.

Step 3: Enter Name and Type

Setting	Meaning	Example
Name	What the parameter is called	"Headache"
Type	Kind of values	Integer

Available types:

Type	Description	Examples
Integer	Whole numbers	Sleep hours, number of coffees
Decimal	Numbers with decimals	Body weight, blood pressure
Text value	Fixed selection of text options	mild / moderate / severe
Free text	Free text input	Dream diary, notes

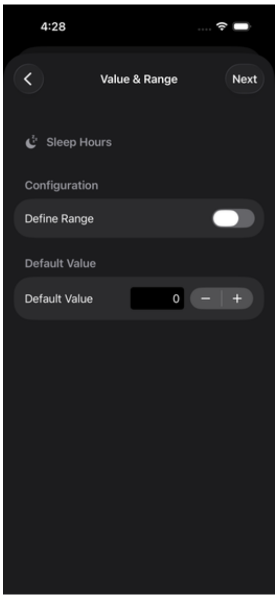

Fig. 39: Step 2: Value range

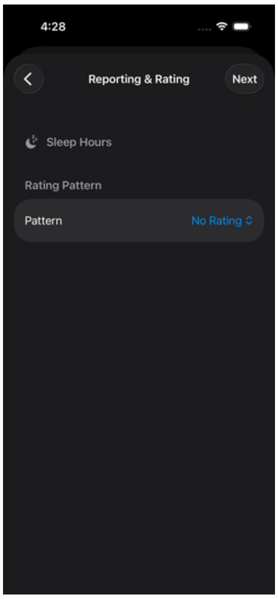

Fig. 40: Step 3: Choose rating scheme

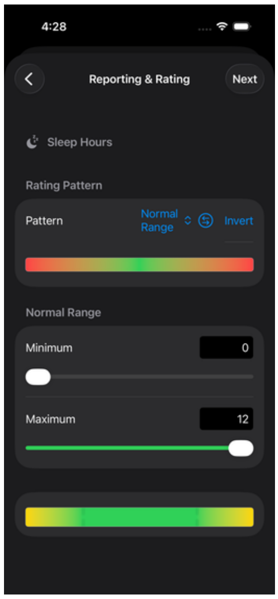

Fig. 41: Step 3: Rating scheme selected

Step 4: Set Value Range (optional, numeric types only) You can define a minimum and maximum value. This:

- Restricts input to meaningful values
- Sets the boundaries of the rating scale

Values outside the range are still saved, but linked to the boundary rating.

Step 5: Set a Rating Scheme For the app to detect correlations it needs to know whether a value is "good" or "bad".

The rating scale goes from -100% to +100%:

```
-100%                    0%                    +100%
  red (bad)            yellow (neutral)          green (good)
```

Available patterns (examples):

Pattern	Description	Use case
Normal range	A middle range is "good", everything outside is worse	Blood pressure, temperature
Higher is better	The larger the value, the greener	Sleep hours (up to a maximum)
Lower is better	The smaller the value, the greener	Pain scale
Uniform	All values neutral (no rating)	When you just want to collect data

Example: Blood pressure (systolic):

```
Normal range: 100–129 → green
```

```
< 100:  increasingly red (too low)
> 129:  increasingly red (too high)
```

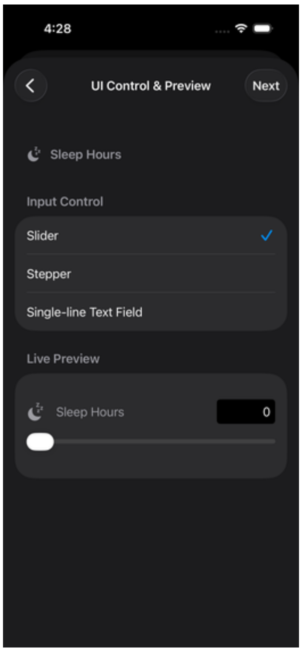

Fig. 42: Step 4: Input control & live preview

Step 6: Choose Input Control Define how you enter the value during tracking:

Control	Best for
Slider	Numeric ranges, quick assessment
Stepper (+/-)	Count values (number of coffees, glasses)
Dropdown / Select	Text values with a fixed list
Text input	Free text
Text stepper	Text values in a fixed sequence

> The **live preview** shows you immediately how the input will look – try out different options!

Step 7: Finish Tap **“Done”** → you get a confirmation and return to the settings list.

Editing a Parameter

Tap an entry in the parameter list → change settings → “Done”.

> **Important:** If you change the rating, the analysis will be recalculated with the new settings. The event data itself remains untouched.

Assigning a Parameter to a Dashboard

A parameter on its own doesn't do anything – it needs to be activated on a dashboard:

→ Configure a dashboard

Frequently Asked Questions

How many parameters should I create? Start with 5–10. Too many parameters at once → less consistent tracking.

Can I import parameters from the template library? Yes – via the template library you can download ready-made parameter groups (including their parameters). → Template Library

Can I delete a parameter? Yes, but all associated event data will be lost. If you just want to hide it, deactivate it on the dashboard instead of deleting it.

Reminders

Every parameter can have an alarm reminder. The quickest method: **long-press** a parameter in the list → **"Reminders"**.

→ All details about schedules, snooze and reliability: **Tile Reminders**

🗂 Parameter Groups

{{video: konfiguration_parameter_gruppen}}

> **What is a parameter group?** It combines multiple parameters into a shared form – so you record multiple values with **a single tap** on the dashboard.

Why Parameter Groups?

```
Without a group:  Tap Blood pressure → enter value → Save
                  Tap Pulse          → enter value → Save
                  Tap Mood           → enter value → Save
                  → 3 separate actions

With a group:     Tap "Morning Check-in" → 1 form with all 3 fields → Save
                  → 1 action
```

Typical use cases: - Blood pressure: Systolic + Diastolic + Pulse - Morning check-in: Sleep quality + Energy + Mood - Meal companion: Hunger before eating + Satiety afterwards

---

Creating a New Parameter Group

Step 1: Navigate ⚙ **Settings → 🗂 Parameter Groups → + (Plus)**

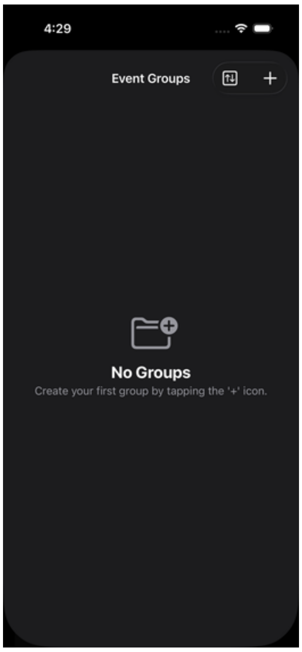

Fig. 43: Parameter-Gruppen: Leere Liste

Step 2: Choose Icon and Name Select a fitting icon and give the group a meaningful name.

 The name appears on the dashboard tile – keep it short and clear: “Blood Pressure”, “Morning”, “Sport”.

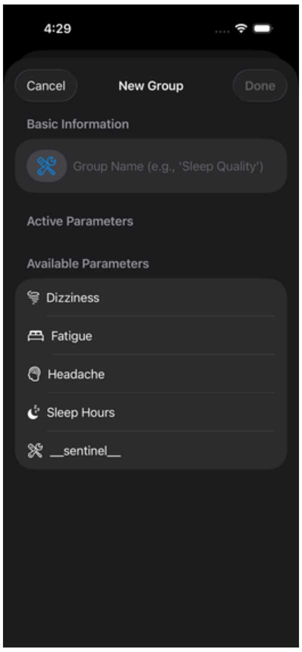

Fig. 44: Gruppen-Editor: Name und Icon vergeben

Step 3: Select Parameters You see a list of all available parameters (which you created beforehand).

- Tap a parameter to **add it to the group**
- It appears in the “active parameters” list
- The order in the list = order in the input form

 Prerequisite: The parameters must already exist. If not: → Create parameters

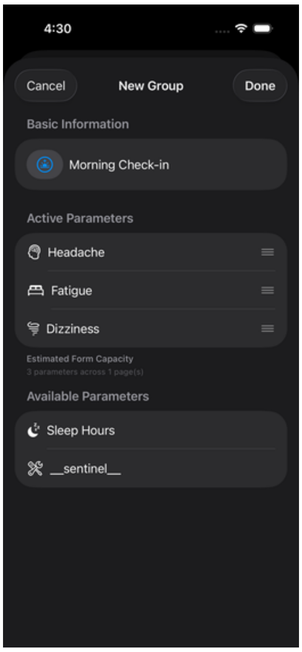

Fig. 45: Gruppen-Editor: Parameter hinzugefügt

Step 4: Add Sections (optional) For groups with many parameters you can insert **visual sections**:

1. Tap the **add section icon** in the active parameter list
2. Optionally enter a section heading (e.g. "Body", "Mind")
3. Arrange parameters within sections via drag

Before / After:

```
Without sections:          With sections:
  Sleep quality             ── BODY ──
  Energy                       Sleep quality
  Mood                         Energy
  Stress                    ── MIND ──
  Concentration                Mood
                               Stress
                               Concentration
```

Step 5: Finish Tap **"Done"** or navigate back – the group is saved.

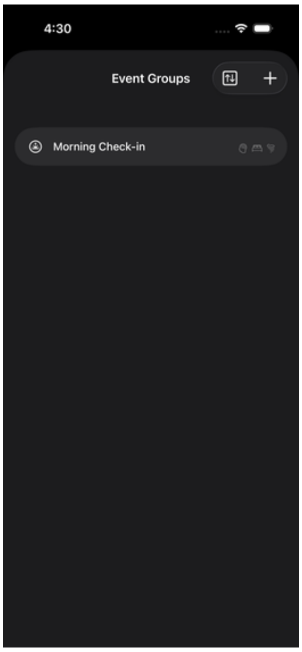

Fig. 46: Gruppen-Liste: Neue Gruppe angelegt

Adding a Group to the Dashboard

After creating it, the group still needs to be assigned to a dashboard:

1. ⚙️ Settings → ⊞ Dashboards → select dashboard
2. Find the group in the list of “available actions”
3. Tap it → it’s added to the active tiles

→ More details: Configure dashboards

Editing a Group

Tap a group in the parameter groups list → adjust settings.

You can at any time: - Add new parameters - Remove parameters (the event data for those parameters is preserved) - Change the order - Rename or delete sections

---

Templates from the Library

Instead of creating parameter groups manually, you can download ready-made configurations from the community:

→ Template Library

> □ Downloaded groups can still be adjusted after import.

Frequently Asked Questions

Can a parameter be in multiple groups? Yes. A parameter can be used in any number of groups. All events land in the same data pool.

Can I have a single parameter on the dashboard alongside a group? Yes. Example: Pulse is part of the Blood Pressure group, but can also exist as an individual tile on the dashboard – for situations where you just want to quickly measure your pulse.

How many parameters per group is sensible? 3–6 is ideal. More than 8 makes the form unwieldy.

Group tiles can have alarm reminders – directly from the tile or via the Dashboard editor.
→ **Tile Reminders**

⏰ Tile Reminders

{{video: konfiguration_erinnerungen}}

> **What is this?** Every parameter or group tile on the dashboard can have an alarm reminder. The reminder rings at the set time and opens the input form directly – even from the lock screen.

Setting Up a Reminder

You have three ways to open a tile's alarm settings:

Way 1 – via the Dashboard Editor: 1. Tap a tile in the Dashboard Editor → **"Reminder"** 2. Set time and recurrence (daily, weekdays, every N days, …) 3. **"Enable"** → alarm is active

Way 2 – from the tile itself: Tap a parameter or group tile on the dashboard → tap the **alarm clock icon** in the top right of the history view. This reaches the alarm settings without going through the editor.

Way 3 – from the parameter list: Long-press a parameter in the parameter list → tap **"Reminders"** in the context menu. No Dashboard Editor needed.

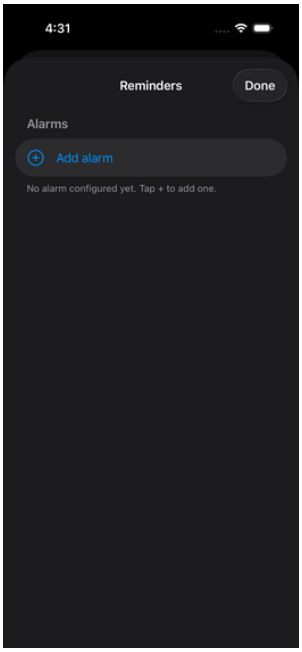

Fig. 47: Alarm settings – no alarm set up yet

Schedule Options

Option	Description
Daily	Every day at the same time
Weekdays	Freely selectable days of the week
Every N days	Rhythmic, e.g. every 3rd day

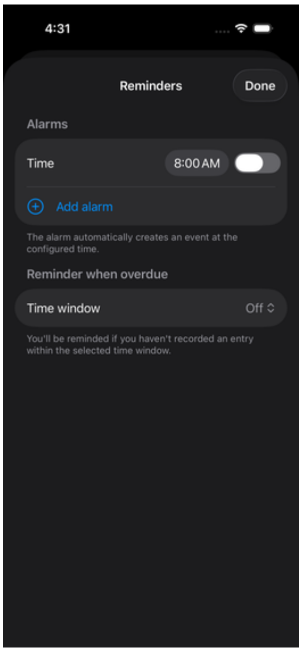

Fig. 48: Alarm added – choose time and recurrence

Overdue Reminder

Alongside the fixed schedule there is a second, supplementary reminder type: **“Remind when overdue”**. You’ll find it in the alarm settings of each tile under the section of the same name.

What it does You choose a period – for example 3 days. If you haven’t made an entry for that parameter within this period, you’ll receive a gentle notification the next time you open the app:

> “No entry in the last 3 days”

Choosing a period

Setting	When you are reminded
Off	Never (default)
Today (24 h)	If no entry has been made today
2 days	If the last entry was more than 2 days ago
3 days	… more than 3 days

Setting	When you are reminded
1 week	… more than 7 days
2 weeks	… more than 14 days

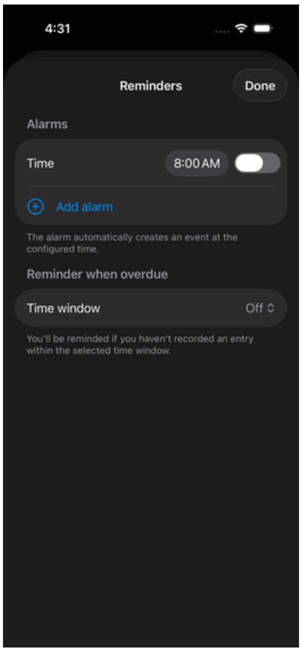

Fig. 49: "Reminder when overdue" – choose time window

How it differs from an alarm An **alarm** rings at a fixed time – even when the phone is locked (AlarmKit).

The **overdue reminder** is a silent notification that appears when you open the app and the time window has expired. It doesn't ring on the lock screen and won't wake you up. Designed as a gentle check for parameters you don't track daily but want to track regularly – e.g. weight, mood trend, weekly report.

> To prevent the app from showing the same message every time you open it, the overdue reminder appears at most once every 6 hours. As soon as you make an entry, the period resets.

Catching Up on Missed Reminders

If a reminder was missed (phone on silent, app not opened), a hint appears on the next app launch:

> "You haven't logged Headache this morning – would you like to do it now?"

You can then log the value retroactively with the correct timestamp or dismiss the hint.

Reliability: Side Button and Silent Dismiss

Reminders use iOS **AlarmKit** – they ring reliably even when Do Not Disturb is active and the device is fully locked.

If you silence a notification with the **side button**, the app receives no signal back. Two safety nets ensure you're still reminded:

Immediate rescue alarm: As soon as an alarm stops ringing, the app immediately schedules another alarm at the configured re-ring interval (default: 60 seconds). This also rings in the background.

Backup alarms on the snooze schedule: Additionally, alarms are scheduled in advance at the snooze interval after the planned reminder time, until the next regular alarm follows.

In both cases: - As soon as you **confirm** or **snooze**, all pending re-reminders are automatically cancelled - When **skipping**, they remain active – you'll keep being reminded

---

Changing an Alarm's Time

If you change the time of an existing alarm, the alarm is automatically rescheduled the next time the app comes to the foreground. The old time is completely discarded – you don't need to do anything else.

Ringtone Profiles

Each alarm slot can be assigned a **ringtone profile** – it determines how persistently the alarm rings. You'll find the profile picker in the alarm settings of each tile.

Built-in Profiles

Profile	Ring duration	Pause	Snooze	When to use
Standard	10 s	60 s	10 min	Everyday, moderate reminding
Wake-up	30 s	none	5 min	When you need to be sure you wake up
Meeting	3 s	10 min	30 min	In the office, discreet reminder
Degrading	30 s (first), 5 s (follow-up)	2 min	10 min	First ring loud, repeats quiet

Custom Profiles Via **Settings → Alarms → Profiles** you can create custom profiles with freely chosen values: ring duration, pre-ring duration, pause between repeats and snooze interval.

 Medication reminders are a separate feature with extended logic – see Medications.

⊞ Configuring Dashboards

{{video: konfiguration_dashboards}}

> **What is a dashboard?** Your personal start page in the app – with tiles or a list for quick access to your most frequent actions.

Dashboard Basics

```
Dashboard tile → Tap          → Record event
               → Long press  → Open event history
```

You can create as many dashboards as you like and switch between them – similar to iPhone home screens.

Creating a New Dashboard

Navigation ⚙ **Settings** → ⊞ **Dashboards** *(Fig. konfiguration-dashboard-01-uebersicht)* → + **(Plus)**

> *(Screenshot: screenshot-missing:konfiguration-dashboard-01-uebersicht.png)*

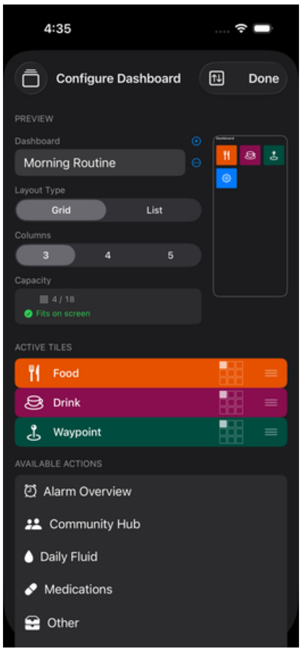

Fig. 50: Dashboard Editor: Morning Routine

Selecting Actions In the list of **“available actions”** you see:

- All your parameters (individually)
- All your parameter groups
- Food and Drinks (always available)
- Waypoints (always available)

Activate: Tap an entry → it moves to the active list at the top.

Deactivate: Swipe left in the active list → Deactivate. Your configuration is preserved.

> □ Every new dashboard automatically gets a **settings switcher tile** added. This lets you switch directly between your dashboards from the dashboard itself, without going into Settings manually.

Choosing a Layout Tap **"Layout"**:

Option	Appearance	Good for
List	Compact list view, colorful	Many parameters, text-heavy
Tiles 3	3 wide tiles per row	Few, important parameters
Tiles 4	4 medium tiles	Balanced mix
Tiles 5	5 small tiles per row	Many parameters at a glance

Adjusting Tile Size In tile view you can enlarge individual tiles:

1. Tap the **grid icon** to the left of the drag icon on a tile
2. Select the desired size (1×1, 2×1, 2×2, ...)
3. The mini-dashboard in the preview shows the effect immediately

```
Example: 4-tile grid
  [ Headache ][ Fatigue ][ Energy ][ Mood ]
  [    Blood Pressure (2×1)       ][ Pulse ][ Weight ]
```

Adjusting Tile Color

> *(Screenshot: screenshot-missing:konfiguration-dashboard-02a-kachel-editor-top.png)*

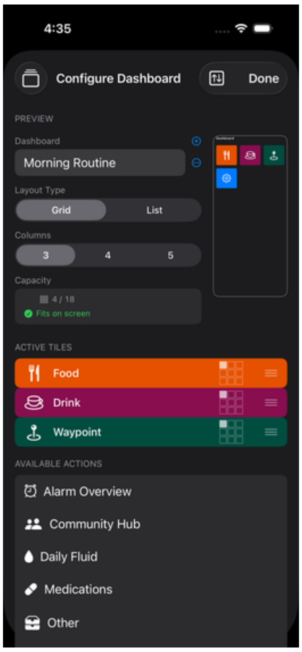

Fig. 51: Tile Editor: Appearance section

Tap a tile in the Dashboard Editor *(Fig. konfiguration-dashboard-02a-kachel-editor-top)* to open the editor. The upper area shows a live preview of the tile and the option to change the icon.

Every parameter and group tile can be individually colored 45 → **"Appearance"** → **"Palette"**.

A sheet opens with three sections:

1. Choose palette — horizontally scrollable mini-preview of all available palettes. The chosen palette determines which colors are available in the next sections. The current app palette is pre-selected.

2. Background color — 30 fields from the chosen palette. Tapping applies the color immediately to the tile preview.

3. Symbol/text color — 5 base colors (black → white). There's also an **auto-contrast button**: it automatically selects black or white, whichever is more readable on the chosen background.

□ *Besides the palette sheet there are also direct color pickers for background and symbol color – for any colors not contained in a palette.*

Understanding the Capacity Display

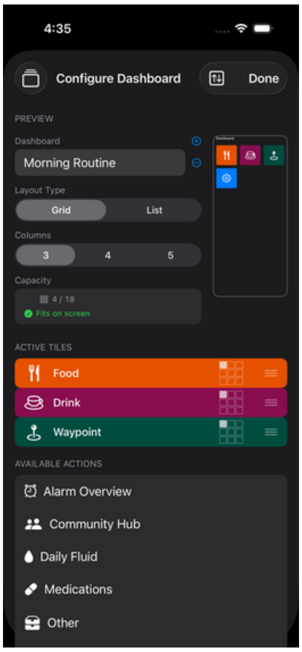

Fig. 52: Capacity display

The app calculates how many tiles fit on screen:

```
Capacity: 17 of 18 available, but 2 tiles clipped
```

- **Green:** All active tiles fit
- **Orange triangle** on a tile: this tile will be clipped
- **Solution:** Reorder tiles in the active list

Sorting tiles: Long-press the ≡ drag icon (3 lines on the right) → drag up or down.

Exporting and Importing Tiles

You can export the active tiles of a dashboard as a template and share it with other devices or the community.

Exporting Tiles

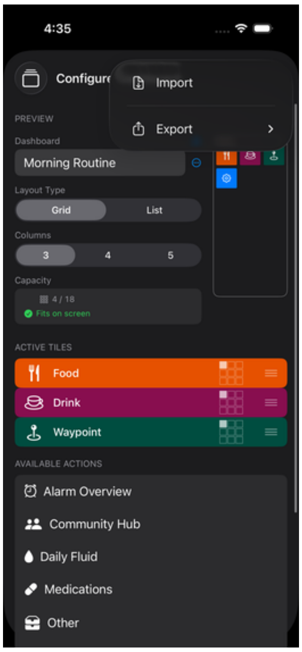

Fig. 53: Import/Export menu

⚙ Settings → 品 Dashboards → select dashboard → **Import/Export symbol** (arrows, top right) → **"Export active tiles"**

The app creates a `.ioom` file with all active tiles including their parameters and groups. You can share it directly via AirDrop, Mail or iCloud.

Sharing Tiles to the Community Library In the same export menu there's also **"Share to Community Library"**. A two-step sheet opens: first you select a single tile from your list (parameter or group tiles), then you enter a description and upload it. The tile then appears in the template library where other users can download it.

Importing Tiles ⚙ Settings → 品 Dashboards → select dashboard → **Import/Export symbol** → **"Import"**

Or: tap a tile template in the template library → **"Download"**

Selective Import After opening a tile template you see a **selection dialog** with a checkbox list of all included content:

```
☑ Tile "Migraine"          → will be added to the dashboard
  ☑ Parameter: Intensity   → will be created
  ☑ Parameter: Duration
☑ Tile "Sleep group"
  ☑ Group: Sleep
    ☑ Sleep onset
    ☑ Sleep quality
☑ Tile "Meal"               → special tile, no sub-level
```

You can deselect at every level: - Deselect tile → tile not added, but content (parameter/group) can still be imported - Deselect group → individual group parameters still selectable (created as standalone parameters) - Deselect parameter → only this parameter is not imported

Select all / Deselect all via the quick-select at the top of the list.

Using Multiple Dashboards Effectively

Dashboard	Tiles
"Morning"	Sleep, energy, mood, weight
"Evening"	Pain, wellbeing, daily review
"Nutrition"	Food, drinks, hunger, portions
"Sport"	Training, intensity, heart rate, recovery

Switching Between Dashboards

Swipe **left or right** on the dashboard to switch between your dashboards.

Mini-Preview Tile You can place a special **mini-preview tile** on a dashboard that shows a scaled-down preview of another dashboard – useful for example to always keep the medication stock in view while tracking on another dashboard. Tapping the tile navigates directly to that dashboard.

Alarm Overview Tile The **alarm overview tile** shows the status of all configured alarm slots at a glance:

- **Number of active alarms** relative to the total (e.g. 3/5)
- **Next trigger** – time of the next ringing alarm
- If no alarms are configured: hint "No alarms configured"

Tap the tile → detail view **"Alarms"** opens with all slots, their time, recurrence pattern (daily / weekdays) and status (active / disabled / next trigger).

> The tile captures all alarm slots – both tile reminders and medication alarms. Especially useful if you want to keep alarms from different areas in one central view.

Dashboard for Different Devices

Each screen resolution requires its own configuration. When switching from iPhone to iPad (or Mac), a new dashboard must be created.

If You Get Lost in the App

> Close the app completely (double-tap Home or swipe up → swipe away the app) and restart it. You always land on your dashboard.

🍴 Configuring Recipes

{{video: konfiguration_rezepte}}

> **What is a recipe?** The definition of a food or drink – with ingredients and quantities – so the app can calculate nutritional values.

When Is a Detailed Recipe Worth It?

Situation	Recommendation
Breakfast you eat every day	□ Create a full recipe
Favorite lunch	□ Create a full recipe
Restaurant visit (one-off)	□ A placeholder is enough
Holiday snack	□ A placeholder is enough

Pareto principle: Put the effort into the **20% of meals that make up 80% of your diet**. The rest can be logged as placeholders.

The 3 Recipe Types

🍴 **Full Recipe** All ingredients with quantities defined → nutritional analysis possible.

(?) **Placeholder** Only a name, no ingredients → logging possible, but no nutritional analysis.

⊕ **Variant Recipe** A group of interchangeable ingredients – you choose the current variant when logging. Example: *Coffee with milk* → milk can be whole milk, oat milk or none.

Creating a New Recipe

Entry Point: Search Recipes are accessible via two routes – with a slightly different view:

Settings → Recipes (management)

The recipe list has its own search field directly above the filter chips. Start typing and the filter chips update immediately with the match counts per category. The X button on the right clears the search text; the keyboard closes automatically when scrolling.

Tap a Meal tile (directly while logging)

When the search field is still empty, the app shows a **prominent entry**: fork icon, a short hint text and a large **barcode button**. As soon as you start typing, the view switches to the normal search results list with filter chips.

> □ The large barcode button in the empty state makes it particularly easy to start a scan directly – without having to search first.

Entering a name searches three sources simultaneously – visible via the counters in the filter chips:

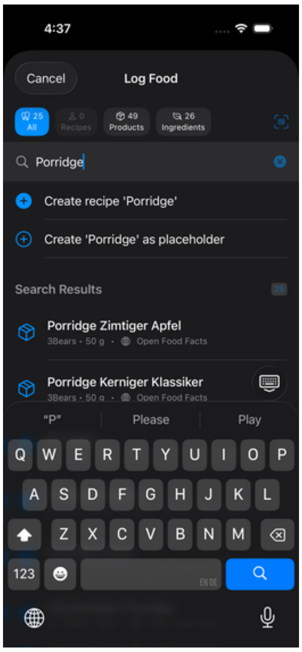

Fig. 54: Search view with results and create actions

Filter chip	What it shows
All	Everything combined
Recipes	Your own saved recipes
Products	Results from Open Food Facts (packaged products)
Ingredients	Results from BLS (basic foods)

 The number in the chip shows how many results exist in that category. No result = chip grayed out.

Choose Creation Method If no matching result is available, the app offers two direct actions (visible directly below the search field):

Option	When to use
"Create recipe '…' "	Enter ingredients right now
"Add '…' as placeholder"	No time now – complete later

Recipe Editor After creating, the editor opens:

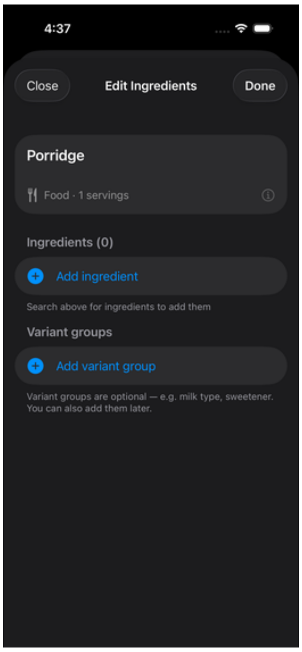

Fig. 55: Recipe editor: empty state

- **Name** – freely editable
- **Type** – Food or Drink (affects units and analysis)
- **Variant recipe** – toggle on if the recipe should have options
- **Servings per recipe** – how many servings does the total quantity yield?
- **Serving size** – what is one serving?

Adding Ingredients

Step 1: Search Enter the ingredient name in the editor's search field. The filter chips show results per source again:

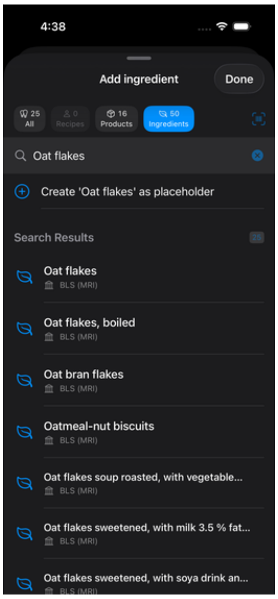

Fig. 56: Ingredient search BLS (oats)

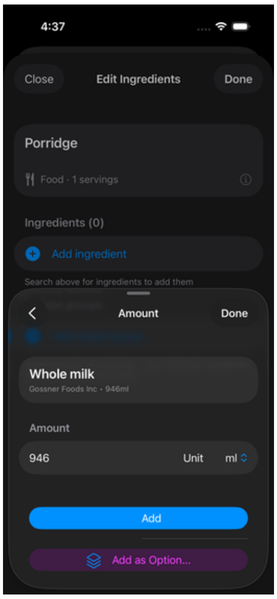

Fig. 57: Ingredient search OFF products (milk)

OFF search is limited to once every 10 seconds (Open Food Facts guideline). A brief wait is normal.

Step 2: Enter Quantity After tapping an ingredient you enter quantity and unit:

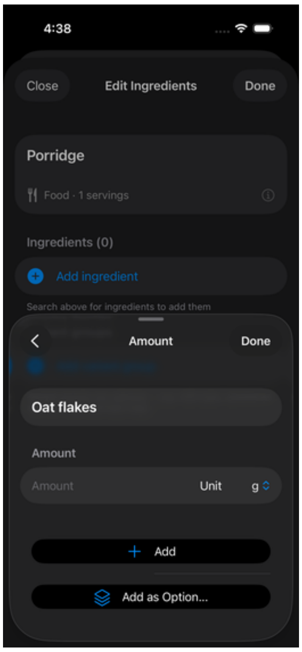

Fig. 58: Quantity input with unit picker

Switch units with the stepper on the right (g, ml, pieces, …). Then **"Add"**.

> Recipes can be **nested to any depth**: a recipe "Pasta Bolognese" can contain the recipe "Tomato sauce" as an ingredient.

Variants – Flexible Ingredients

Variants let you choose between multiple ingredients when logging – with the calorie impact shown per option.

Creating an Option Group **While adding an ingredient** a button **"Add as option…"** appears at the bottom. Tap it instead of "Add":

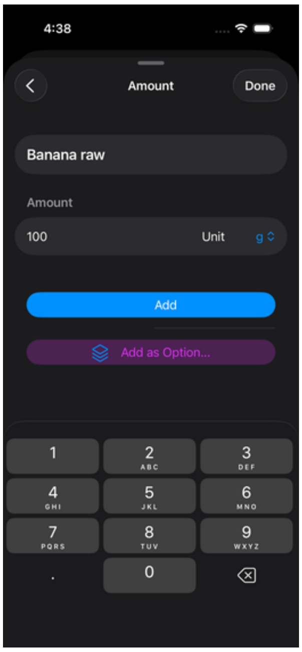

Fig. 59: Quantity input with "Add as Option" button

The group creation dialog opens:

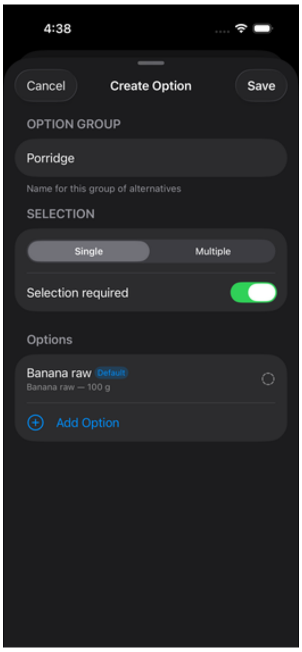

Fig. 60: Dialog: create option group

- **Option group** – name of the variant group (e.g. "Milk types")
- **First option** – automatically pre-filled with the ingredient name
- **Selection: One / Multiple** – can one or multiple options be chosen at once?
- **Selection required** – must at least one option be chosen?

```
Example: Coffee with milk
  Group "Milk types": UHT whole milk | Barista oat drink
  Selection required: NO → coffee also loggable without milk
  Multiple selection: NO → always only one milk type
```

Adding More Options Find more ingredients via search and tap **"Add as option..."** again:

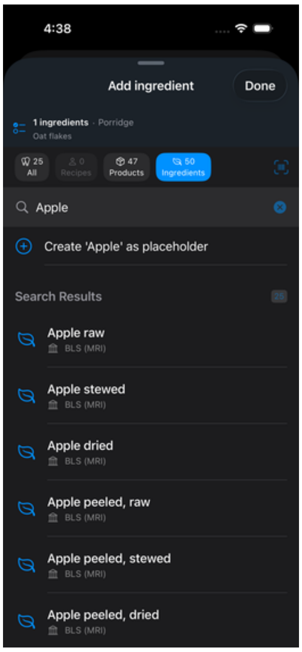

Fig. 61: Searching for second variant (apple)

The app then shows all existing groups – select the right one:

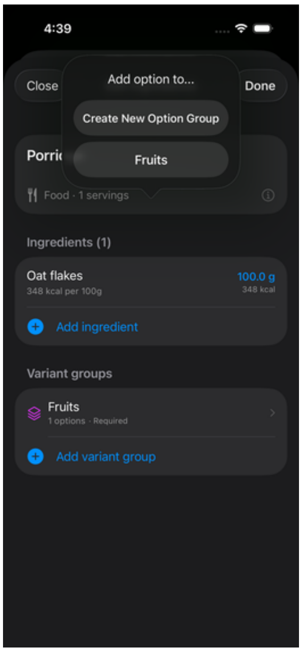

Fig. 62: Group selection: choose existing group

When Logging: Selecting a Variant

When logging a meal the full logging view appears:

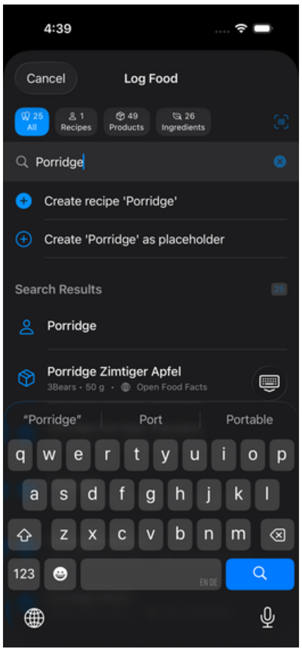

Fig. 63: Logging view with variant selection

Quick picker (top): Select common quantities with a tap (e.g. 200ml, 250ml, 330ml, 500ml). The slider below allows fine intermediate values.
Customize recipe (bottom): All variant groups of the recipe appear here with the available options. Next to each option is the **calorie impact** (e.g. +32 kcal for whole milk, +25 kcal for oat milk). Tap an option to select it.
The pre-selection is remembered for the next logging – you only need to change it when you're having something different.

Recipe with Many Ingredients: Pasta Example

Recipes with multiple ingredients look like this in the editor:

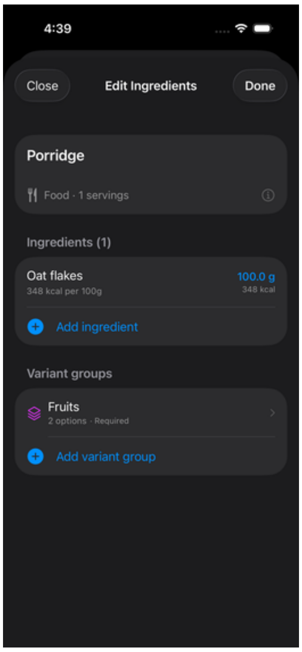

Fig. 64: Recipe editor: oats + Fruits variant group

Each ingredient shows calories per 100g as reference. The serving size determines how much counts as “one serving”.

BLS Linking for OFF Products

OFF products (scanned products) often only contain macronutrients (energy, protein, fat, carbohydrates). For a complete micronutrient analysis (vitamins, minerals, amino acids) the app links each product ingredient to a BLS entry.

This happens partly **automatically** – you can see the progress in the product detail view:

> *(Screenshot: screenshot-missing:konfiguration-rezept-13-bls-uebersicht.png)*

Color coding of links:

Color	Meaning
□ Blue – "Manually linked"	You confirmed the link yourself
□ Orange – "Automatic (uncertain)"	App linked it, but percentage below 70% – please check
□ Green – "Automatic (safe)"	Link with high similarity
□ Gray – "Not yet linked"	Ingredient couldn't be matched

The **percentage** shows the similarity between product ingredient and BLS entry.

Correcting a Link Manually Tap an ingredient → the app shows suggestions with similarity scores:

> *(Screenshot: screenshot-missing:konfiguration-rezept-14-bls-manuell.png)*

You can switch between **Auto-linking** (AI suggestions sorted by similarity) and **BLS search** (free text search). Tap the desired entry to apply it.

> □ Links are optional, but they significantly improve the quality of the analysis.

→ More on the difference between BLS and OFF: Data sources

Nutrition Report

If you log meals regularly, you can open the **Nutrition Report** under **Reports**. It shows average daily intake for a selectable time period – with a quality rating showing how reliable the data basis is.

Data quality: The app rates how complete your entries are and whether nutritional values come from precise (BLS/OFF linked) or estimated (placeholder) sources.

Completing a Placeholder Later

1. Settings → Recipes
2. Find the placeholder in the list
3. Tap → add ingredients → **“Done”**

All previous events with this placeholder are automatically linked to the new nutritional data.

Frequently Asked Questions

Can I create a recipe directly while logging? Yes. When tapping a meal tile on the dashboard you can enter a new name and create it immediately as a placeholder or full recipe – without going to Settings first.

Can recipes be exported or shared? Yes. In the recipe list (Settings → Recipes) there is an **Import/Export symbol** at the top right. Use it to export individual or all recipes as a `.ioom` file. An optional toggle **“Include photos”** (active by default) embeds associated nutrition photos as Base64 in the file, so they’re immediately available when importing on another device. The exported file can be shared via AirDrop, Mail or iCloud.

What’s the difference between BLS and OFF? BLS is a scientific nutrient database for basic foods (raw ingredients). OFF is a crowdsourced database for packaged products (barcode scan). → Data sources explained

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📈 Reports & Analytics

{{video: konfiguration_auswertungen}}

> **What are reports?** Graphical and tabular analyses of your recorded events – from simple trend lines to correlations between different parameters.

Opening Reports

Via the tab bar → **Reports** (or via the dashboard → tile with report icon).

The overview shows all saved reports. Tap **Plus** in the top right to create a new one.

> □ In Simple Mode the button for creating new reports is hidden. Existing reports can still be viewed.

The 6 Report Types

□ **Status** Shows the current or last measured value of a parameter – as a large number or simple display. Good for a quick overview without a time series.

□ **Trend** Time series of a parameter as a line or bar chart. See how a value develops over hours, days, weeks or months.

□ **Correlation** Scatter plot between two parameters. Detect relationships: do you sleep worse when you've had more caffeine in the evening? Is there a connection between pain level and sleep?

□ **Nutrition Report** Average daily nutrient intake for a selected period (energy, protein, fat, carbohydrates, fiber, sugar, sodium). Includes a quality rating showing how reliable the data is.

□ **Heatmap** Calendar view of a parameter – the more intense the color, the higher the value on that day. Good for detecting weekday patterns or seasonal fluctuations.

□ **Distribution** Shows how often each value occurs. How often did you have "severe" headaches vs. "mild"? Which value dominates?

Creating a New Report

Tap **Plus** in the reports overview. The editor opens with a **live preview** — the report updates in real time as you configure it.

The editor has four tabs:

Type — choose the report type (the 6 types above). Switching automatically opens the parameter tab.

Parameters — select parameters. The list shows groups expandable with their individual parameters. Filter: Standard mode shows only parameters with a dashboard tile; Expert mode shows all analysable parameters. For the Trend type you can select multiple parameters at once — the app automatically switches to multi-trend line when more than one is selected. With multi-trends you can assign a **series role** per parameter (main line, upper band, lower band, overlay) — for example to show blood pressure curves as an area between systolic and diastolic.

Style — chart style (line, bar, …), smoothing, show points, grid, color scheme, heatmap mode. Under “Advanced” (expandable): Y-axis limits, zero line, logarithmic scale, **connect gaps** (when off: missing time buckets create a visible line break instead of interpolation).

Data — time period chips, aggregation, bucket size, cumulative mode, session timeout, target values.

Finally tap **“Done”** — the report is saved and appears in the overview.

> When editing an existing report, the same editor opens – including live preview on the real data.

Time Period and Aggregation

For the trend report and other time-based reports you can set how the data is summarized:

Time buckets (how fine is the time axis resolved?):

Setting	When useful
Auto	App chooses based on the selected total duration
Hour	For short time periods (< 3 days)
Day	Standard for weeks/months
Week	For long periods (> 3 months)
Month	Year overview

Aggregation (how are multiple values per bucket combined?):

Method	Meaning
Sum	Adds all values (e.g. total caffeine per day)
Average	Mean value (e.g. average pain intensity)
Minimum	Lowest value in the period

Method	Meaning
Maximum	Highest value
Count	How often logged (regardless of value)
Median	Middle value without outlier influence
None	Raw data without bucketing — each measurement shown at its exact timestamp

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Managing Reports

- **Tap** a report → open full view
- **Swipe left** in the overview → delete
- **In Simple Mode:** edit swipe hidden
- **Rotate iPhone** in full view → landscape shows the chart full-screen

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Nutrition Report in Detail

The nutrition report is a special type and shows a **data quality rating** alongside the nutritional values:

Rating	Meaning
□□□ High	Mostly complete entries, BLS/OFF-linked ingredients
□□ Medium	Some gaps or unlinked products
□ Low	Many placeholders or days without entries

> □ The quality rating reminds you how reliable the numbers are. 1,000 kcal from fully linked recipes is a different statement than 1,000 kcal from pure estimates.

⚓ Waypoints

{{video: konfiguration_wegpunkte}}

> **What is a waypoint?** A special event without a fixed parameter schema – like a note in a calendar, but linked to your tracking data.

Waypoints vs. Parameters: What's the Difference?

	Parameter	Waypoint
When to use	Regularly, measurable	Rarely, one-off
Structure	Fixed type + value scale	Free text + category
Analysis	Statistics, trends	Markers, context
Examples	Headache (daily)	Antibiotics started

Metaphor: A waypoint is like a bookmark in your data – it says: "Something special happened here."

What Are Waypoints Useful For?

```
In your reports:

─────────────────────────────────────────────────────► Time
 Jan      Feb      [□ Antibiotics]       Apr      May
          ▲                               ▲
     Poor sleep values              Better values
     (due to infection?)            (after treatment)
```

Waypoints help you **explain outliers** and **put changes into context**.

Waypoint Types

The app distinguishes 8 categories:

Type	Examples
Medication	Antibiotics started, dosage changed
Health condition	Diagnosis received, cold, surgery
Life change	New job, moving house, relationship status
Absence	Vacation, business trip
Pet health	Vet visit, pet unwell
Personal context	Visit, caring for a family member
Appointment	Doctor's appointment, examination
Other	Everything else

Recording a Waypoint

Entry via the Waypoint Tile Tap the Waypoint tile on the dashboard – the form opens immediately.

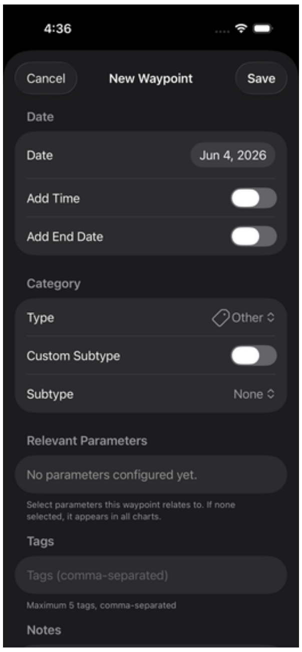

Fig. 65: New Waypoint – empty form

Field	Description
Date	Today by default – tap to change
Add time	Optional – often not needed
Add end date	For periods (e.g. vacation 5–19 March)
Type	Top-level category from the 8 types above
Custom sub-type	Enable and enter free text
Sub-type	Or choose from pre-made sub-types (depends on type)
Tags	Comma-separated, max. 5 – for later search
Notes	Free text for details

Example: Pet Health

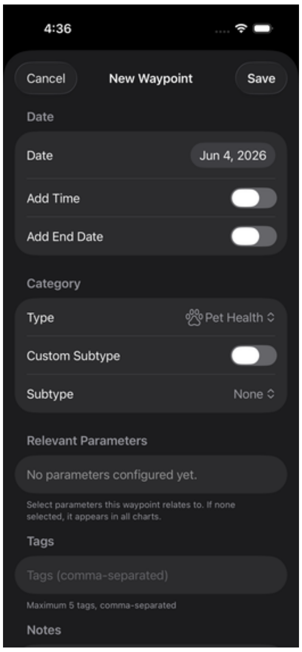

Fig. 66: Waypoint Pet Health – type selected

Type “Pet health” selected, note about the vet situation entered.

History: Waypoint List Long-press on the Waypoint tile to open the list of all recorded waypoints.

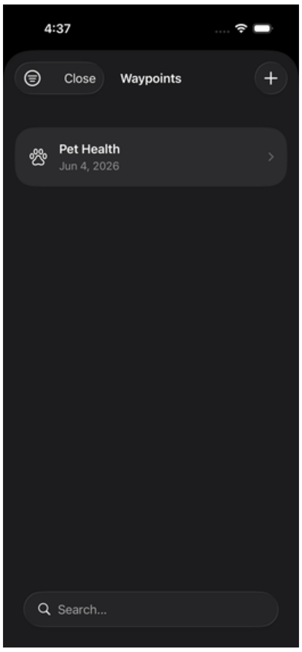

Fig. 67: WaypointListView – history

Managing Waypoints

- **Long-press the Waypoint tile** → list of all waypoints
- Search by text (searches sub-type, notes and tags)
- Filter by type (funnel icon top left)
- Swipe left to delete (with confirmation)
- Tap to edit

Frequently Asked Questions

Do I always need a type? No – type and sub-type are optional. But they're helpful for later search and filtering.

Can I have multiple waypoints on the same day? Yes, as many as you like.

Difference between a waypoint and a free-text parameter? A free-text parameter is for regular, structured entries (e.g. daily mood journal). A waypoint is for rare, one-off events without regularity.

Are waypoints visible in reports? Displaying waypoints as markers in report charts is planned.

🗒 Apple Health

What does Apple Health integration offer? You can import symptoms from the Health app directly as parameters – and your recorded data flows back into Apple Health.

Why Use Apple Health?

Apple Health is the central health data store on your iPhone and iPad. The app can read from it and write to it:

Direction	What happens
Apple Health → App	Symptom categories are imported as ready-made parameters
App → Apple Health	Your recorded values are saved in Apple Health

The advantage: if you already track sleep or heart rate via an Apple Watch or another app, that data is automatically available here too.

Activation

During Onboarding In the “Enable features” step, Apple Health appears as an optional feature – it is automatically pre-selected if you chose “Symptoms & Health” as your focus in the first step.

After the Fact **Settings → Apple Health →** grant permissions

The app asks for access rights for each data category individually. You can allow or deny read and write access independently.

Importing Symptoms from Apple Health

Apple Health contains predefined symptom categories (e.g. Neurological, Digestive, Respiratory). You can choose which of these should appear as parameters in the app.

How to import symptoms

1. **Settings → Apple Health → Manage symptoms**
2. Select the categories relevant to you
3. Within each category, select individual symptoms
4. Tap **“Apply”**

The selected symptoms are created as new parameters – with a predefined rating scale (not present / mild / moderate / severe) that is directly compatible with Apple Health categories.

 You can configure these parameters further just like any other parameter – change the icon, assign to a group, etc.

What symptoms are available? Apple Health distinguishes the following areas among others:

- Neurological (headache, dizziness, concentration)
- Gastrointestinal (nausea, bloating, abdominal pain)
- Respiratory (shortness of breath, cough)
- Musculoskeletal (back pain, joint pain)
- Skin (rash, itching)
- Sleep & energy (sleep quality, exhaustion)
- Mood & mental health (anxiety, depressive episodes)

Data Synchronization

When Apple Health is enabled, your recorded values for compatible parameters are automatically written back to Apple Health. This has benefits:

- Other apps (e.g. medical apps, analysis tools) can read the data
- Apple Health shows the history of your symptoms in its own timeline
- iCloud Health backup works automatically

Privacy

Apple Health data never leaves the device unless you explicitly allow it. The app only accesses the categories for which you've granted permission – and only reading or writing, depending on what you've enabled.

You can revoke permissions at any time: **iPhone Settings → Health → Data access & devices → [App name]**

💊 Medication Reminders

What is this? Intake reminders for medications – with support for various dispenser types up to the smart smarTabBox. Reminders ring reliably even when the phone is locked (iOS AlarmKit).

Getting Started

Settings → Medications

You see two tabs:

- **Intake Schedule** — choose dispenser type, configure alarm slots, start the filling assistant
- **Medications** — medication catalog (generics, variants, stock) and sources (doctors, pharmacies, …)

Three Dispenser Types

Without Pill Organizer For those who manage their medications without a physical dispenser. Set up simple alarm reminders: time, medication name, quantity.

Standard Weekly Dispenser For classic weekly pill organizers (morning/noon/evening/night for 7 days). The app assigns a reminder to each compartment.

smarTabBox© For the intelligent smarTabBox from smarthome-parkinson.com. The box is connected to the app via QR code. Intake reminders and confirmations are synchronized between box and app.

> □ The smarTabBox was developed specifically for people with Parkinson's and other neurological conditions where medication adherence is especially important.

Setting Up an Intake Schedule

1. Choose Dispenser Type In the **Intake Schedule** tab, tap the box card at the top. You see the three options – the checkmark shows your current selection. After selecting you go directly to the configuration of the chosen type.

2. Configure Alarm Slots Below the box card you see your alarm slots (e.g. 08:00 – Aspirin, 20:00 – Ramipril). Tap a slot to edit it:

- Change **time**
- **Enable/disable** alarm
- Assign **medication** from the catalog
- Set **dose per variant** (tap the variant detail sheet)
- View **schedules** (daily, weekdays, every N days, monthly)
- Set **ring duration** (at least 5 seconds, default: 5 seconds)

- Set **snooze interval** — also determines the spacing of backup reminders after a side button dismiss
- Assign **ringtone profile** — choose from Standard, Wake-up, Meeting, Degrading or a custom profile (see Reminders)

Slots you no longer need can be deleted by **swiping left**.

3. smarTabBox: Scan QR Code With the smarTabBox type, first scan the box's QR code. Then configure alarm slots as described above.

Filling Assistant

The **Fill Box** button in the Intake Schedule tab opens a guided assistant. The process can be interrupted at any time and continued later:

1. **Setup** — select number of boxes (1–10) and start date
2. **Correction matrix** — 7-day grid: tap compartments that are already filled (checkmark = skip), to avoid double-filling. Each row shows **"Compartment n: x medication(s)"** — compartments you mark as already filled are **highlighted in bold**
3. **Confirm** — overview with total number of required tablets per medication; tapping "Fill now" records the consumption in inventory

---

Medication Catalog

In the **Medications** tab you manage:

- **Medications** — generics (e.g. "Ramipril 5mg") with any number of variants (e.g. "ratiopharm", "Hexal") and PZN numbers
- **Sources** — doctors, pharmacies, drugstores, online pharmacies or other sources

Adding a Medication

1. Tap the + button in the medications section
2. **BfArM search**: Start typing the active ingredient name — the app searches directly in the official database of the Federal Institute for Drugs and Medical Devices and suggests matching names
3. Create at least one variant (PZN scan or manual)
4. Set dose per variant and **dosage form**
5. Assign source (optional)

Supplements and Products Without PZN Not every product has a pharmaceutical central number. Vitamins, dietary supplements, over-the-counter products or foreign medications can be entered without a PZN:

1. Tap + → enter product name (skip BfArM search or enter manually)
2. Leave the **PZN field empty** for the variant — it's optional
3. Choose **dosage form** from the picker (21 options, e.g. tablet, capsule, drops, powder, cream, spray …)
4. Set dose in the appropriate unit (pieces, ml, mg, g, …)

> □ This way omega-3 capsules, vitamin D drops or homeopathic remedies can be fully integrated into the intake schedule – with reminders, stock management and history view just like prescription medications.

Managing Stock Each variant can have a stock level (tablets, ml, capsules, …). The **Stock tile** on the dashboard shows a single **traffic light display** – the worst status across all your medications combined:

Symbol	Color	Meaning
□	Green	All stocks sufficient
□	Yellow	At least one medication should be reordered soon
□	Red	At least one stock won't last for less than two box cycles

A **box cycle** equals the number of your weekly dispensers × 7 days. With one box that's 14 days – red means the stock won't even last until the week after next.

Tap the tile to open the detail view. At the top you see the date until which a **complete intake of all medications is possible** – i.e. the earliest expiry date. Below that all medications sorted by urgency, with remaining duration and expiry date. Swipe left on an entry to record a **refill entry** — medication name, dosage and the last known package size are already pre-filled. Quantities are written out correctly: "1 tablet" or "93 tablets".

Confirming Intake

When the reminder appears (even from the lock screen):

- **Tap the notification** → intake dialog opens directly on the lock screen
- Confirm intake → event is saved, stock is automatically deducted
- Optional: **Snooze** (reminds again later) or **Skip** with a note

The confirmation is saved as an event in the app and is traceable in the history view.

After confirmation the app **immediately reschedules the alarm for the next day** — even if you don't open the app again. The next morning's alarm is guaranteed, even if you go to sleep directly after confirming.

> □ Reminders use iOS AlarmKit — they ring reliably even with Do Not Disturb active and when the device is fully locked.

Side Button Dismiss and Automatic Re-Reminders Medication reminders use the same rescue and backup alarm system as all other tile reminders: rescue alarm after silent dismiss, backup alarms on the snooze schedule. Confirming or snoozing breaks the chain — skipping does not.

> □ "Skip" means "not now", not "forget today".

→ Technical details: **Tile Reminders**

Frequently Asked Questions

Can I enter multiple medications? Yes, as many as you like. Each alarm slot can reference its own variant from the catalog.

What's the difference between a generic and a variant? The generic (e.g. "Ramipril 5mg") represents the active ingredient. A variant (e.g. "ratiopharm 5mg, PZN 1234567") is a specific package. You can create multiple variants of the same generic and select the desired one in the alarm slot.

What happens if I forget to take my medication? You can enter the intake retrospectively – either via the notification (which is marked as missed) or manually in the event history.

Can I enter supplements and vitamins without a PZN? Yes. The PZN field is optional. You can enter the product name manually, select the dosage form from the picker and set the dose — reminders and stock management work exactly the same as for prescription medications.

Is medication data linked to Apple Health? Not directly at the moment. Medication events are saved in the app, but not yet automatically transferred to Apple Health.

Retroactively Confirming Missed Intakes

If a reminder was missed (e.g. phone was on silent), the intake can still be entered retroactively:

1. In the **Intake Schedule** tab, tap the orange slot
2. Select **"Confirm retroactively"**
3. Adjust the actual intake time → Confirm

The stock is retroactively deducted correctly. Missed and confirmed intakes are clearly distinguished in the history view.

Dosage Changes

If you change the dose of a variant (e.g. because the doctor adjusted the amount), the app detects this automatically and migrates the affected alarm slots — existing slots adopt the new dose without manual rework.

🖴 Data Backup

> **Why back up?** The app stores everything locally on your device. A backup protects you from data loss when switching devices, during iOS updates or from unexpected errors.

Where to Find Data Backup

Settings → Data Backup

Creating a Backup

Tap **“Back Up Now”**. The app immediately creates a backup copy of the database – including all events, parameters, recipes and settings.

The new backup entry appears in the list below with: - Filename - Date and time of creation - Trigger (manual or automatic) - **Integrity status** (green checkmark = intact, red cross = damaged)

> □ The app also creates backups automatically – for example before major operations. These appear in the list too.

Restoring a Backup

> □ **Warning:** A restore overwrites all current data in the app. This action cannot be undone.

1. Select the desired backup from the list
2. Tap **“Restore”**
3. Confirm the safety dialog
4. The app first automatically creates a **safety backup of the current state** – in case something goes wrong
5. The selected backup is restored
6. **The app restarts automatically** – this is required to load the new database

After the restart all data from the backup is available again.

Integrity Check

Every backup is automatically checked for completeness when displayed. Only backups with a green checkmark should be used for a restore.

A damaged backup (red cross) can indicate an error during writing or an incomplete file. Create a new backup in this case.

Tips

When to back up manually? - Before an iOS update - Before switching to a new device - When you're planning major configuration changes (e.g. deleting many parameters)

How many backups are stored? The app keeps a limited number of automatic backups. Manual backups remain until you delete them.

Can I export backups? Directly exporting backup files to external storage (Files app, iCloud Drive) is possible via the standard iOS share function.

Exporting Event Data as CSV

In addition to the full database backup, you can also export your recorded events as a **CSV file** — for further processing in Excel, Numbers or other tools.

Access: Open event history → export menu (arrow icon, top right) → **"Export as CSV"**

> □ The export button is also available in the sheet that opens when you **long-press** a dashboard tile (tab "History").

A sheet opens with:

- **Time period selection** — Last day / 7 days / 30 days / 90 days / All
- **Privacy confirmation** — explicit toggle before the file is generated

The CSV contains per row: date, time, tile, group, parameter, value, unit, notes, input method — in RFC 4180 format (Excel-compatible).

> □ The CSV is not a backup — it contains no configuration, parameters or settings, only the measurement values. For a complete backup continue to use **"Back Up Now"**.

→ Back to Overview

Reference

🗐 Template Library

> **What is the template library?** A community collection of ready-made 🗀 parameter groups and ⊞ tile packages – download and get started immediately.

Why Templates?

Instead of configuring parameters, groups or dashboards from scratch, you can use proven configurations from the community:

```
Without template:  Create parameters + choose types + define rating
                   + create group + set up tiles → 20–30 minutes

With template:     Search → Download → Done
                   → 2 minutes
```

The library contains two kinds of templates:

Type	Content	Result after import
Parameter group	Parameters + rating scales	New group in Settings
Tile package	Dashboard tiles incl. parameters/groups	Tiles directly on the dashboard

---

Opening the Template Library

⚙ Settings → 🗐 Template Library

Finding a Template

You can **filter and sort** the list by:

Criterion	Description
Search term	Free text search (e.g. "blood pressure", "sleep")
Category	Topic area (e.g. health, nutrition, sport)
Tiles only	Filter chip: shows only tile packages
Popularity	Sort by active users
Rating	Average user rating

The **"Tiles only"** chip at the top of the filter list can be toggled on and off. When active you only see tile packages – handy when you specifically want to adopt a dashboard layout from the community.

The Difference Between Downloads and "Active Users" The **number of active users** is more meaningful than downloads:

```
Downloads:    How often was the template downloaded?
              → Can be manipulated
Active users: How many are currently using the template?
              → Anonymous count, cannot be manipulated
```

Downloading a Template

1. Tap a template in the list
2. View the included content
3. Tap **"Download"**

The next steps depend on the template type:

Parameter group: A new 🗀 **parameter group** is created in your Settings.

> ▯ **Important next step:** The downloaded group still needs to be added to the dashboard!

4. ⚙ Settings → ⊞ Dashboards → select dashboard
5. Enable the new group in the active tiles

Tile package: A **selection dialog** opens with a checkbox list of all included tiles, parameters and groups. You can deselect individual items before the import starts – for example leave out a tile while still importing its parameters.

Tap **"Import"** to adopt the selected content. The tiles are inserted directly into the active dashboard.

→ More details on the selection dialog: Importing tiles

Sharing Your Own Templates

You can make your own 🗀 parameter groups available to the community:

How to do it

1. ⚙ Settings → 🗀 Parameter Groups
2. Select the desired group
3. Tap **"Share"** (ellipsis menu)
4. Optionally enter a pseudonym (you can share anonymously)
5. Template is published in the library after a brief review

Privacy When Sharing

- You can share completely anonymously or under a pseudonym
- A unique but **non-personal** identifier is transmitted (for abuse prevention)
- This identifier **cannot be traced back to you as a person**

Ratings

- Only one rating per template per user is possible
- Ratings can only be given when the template is actively in use

Customizing Downloaded Templates

After downloading you can edit the group like any other:

- Add or remove parameters
- Change order
- Add sections
- Adjust rating scales

→ Edit parameter groups

Template Library Status

> 🛈 The template library currently supports parameter groups and tile packages. It grows with the user base – more template types will follow in later updates.

Frequently Asked Questions

Can I remove a template after downloading? Yes – simply delete the downloaded parameter group in Settings. Your recorded event data is preserved.

What happens if the template creator updates their template? You'll receive a notification about the new version and can decide whether to adopt it. (Feature planned)

Can I rate templates without actively using them? No – ratings are only possible when the template is actively in use.

👥 Community Hub

> **What is the Community Hub?** The hub for everything that goes beyond your device – share and download templates, rate the app, and use the web interface.

Opening the Community Hub

Settings → Community

Template Library

The fastest way to a good setup: download templates from other users.

Tap "Templates" → the library opens with all available community templates.

What you'll find there:

- Ready-made parameter sets for common use cases (migraine diary, nutrition tracking, tinnitus, …)
- Ratings and download counts as orientation
- Version information

→ More details: Template Library

Rate the App

Tap "Rate app" → you'll be taken to the rating page. The app automatically generates a short-lived token that enables your access to the web rating page – without an account and without transmitting personal data.

Pairing Code: Web Interface

With a pairing code you can connect the app to a web interface – for example for data entry on a computer or for access by a caregiver.

How to do it: 1. **Tap "Enter code"** in the Community Hub 2. Enter the code shown on the web page 3. The connection is established

Photo Nutrition Training (optional)

If you use the photo nutrition analysis and want to support the AI model, you can share anonymized photo data for training.

Settings → Community → AI Training

Here you control: - Whether any data is shared at all - Which data specifically is shared - You can revoke sharing at any time

> This setting is completely optional and has no influence on the use of the photo nutrition analysis.

Data Sources: BLS and Open Food Facts

The app uses two external data sources for nutritional analysis – here’s what they can do and where their limits lie.

Overview

	BLS	Open Food Facts
Full name	Bundeslebensmittelschlüssel (German Food Composition Database)	Open Food Facts
Type	Scientific nutrient database	Crowdsourced product database
Focus	Raw foods and basic ingredients	Packaged, purchasable products
Nutrient depth	Very high (micronutrients)	Depends on label declaration
Barcode scan	□	□
Access	Integrated in app	Real-time search

🍃 Bundeslebensmittelschlüssel (BLS)

What Is BLS? BLS is a scientific database from the Max Rubner Institute (Federal Research Centre for Nutrition and Food). It contains nutritional data for basic foods, raw ingredients and typical dishes – down to micronutrient level.

Strengths of BLS

- **Very detailed:** Not just macros (fat, carbohydrates, protein), but also:
  - Individual fatty acids
  - Amino acids
  - Vitamins (A, B1, B2, B6, B12, C, D, E, K, …)
  - Minerals (calcium, iron, magnesium, zinc, …)
  - Specific carbohydrates (glucose, fructose, lactose, …)
- **Scientifically validated**

Limits of BLS

- Mainly basic foods and generic dishes
- Few brand products or packaged convenience foods
- No barcode scanner possible

When to Use BLS?

- When creating recipes with basic ingredients (flour, eggs, milk, vegetables, meat)
- When you want detailed micronutrient analysis

📦 Open Food Facts (OFF)

What Is Open Food Facts? Open Food Facts is a free, crowdsourced database for packaged foods. Users around the world scan products and record the nutritional values from the packaging.

Strengths of OFF

- **Very many products:** Millions of EAN barcodes
- **Barcode scanner** directly in the app
- **International:** Products from many countries

Limits of OFF

- **Quality varies widely** – data is only as good as the label declaration (and the person who entered it)
- EU labeling rules often only require rough figures
- Micronutrients are frequently missing
- Outdated or incorrect entries possible

When to Use OFF?

- For packaged products with an EAN barcode
- When you need a quick macro overview
- For everyday convenience products (yogurt, muesli, frozen pizza, …)

BLS Linking for OFF Products

For more accurate nutritional analysis you can **link** an OFF product to a BLS entry:

```
Example: OFF product "Alpro Oat Drink"
  → BLS entry "Oat drink, unsweetened"
  → Link: the BLS entry set supplements the incomplete OFF data
```

This link is optional, but it significantly improves the quality of micronutrient analysis.

How to do it: 1. When adding an ingredient in a recipe, select an OFF result 2. Tap **“Add BLS link”** 3. Search for the matching BLS entry 4. Confirm the link

---

Important Note on Accuracy

> All nutritional analyses are **approximations**. The actual composition of foods varies by origin, preparation and season. The app helps you recognize **trends** – not measure exact values.

Sources of error: - Imprecise quantity specifications during entry - Incomplete OFF data - Missing or incorrect BLS links - Natural variation in food composition

Frequently Asked Questions

How often is the OFF database queried? At most once every 10 seconds – this is a requirement of the OFF terms of use. The hourglass in the app shows the wait time.

Is the data available offline? BLS is integrated in the app and available offline. OFF searches and barcode scans require an internet connection.

Can I enter my own nutritional values? Yes – you can create a recipe manually with your own nutritional data if neither BLS nor OFF has a matching entry (e.g. read from the packaging).

Gestures & Controls

{{video: referenz_gesten}}

> An overview of all touch gestures, swipe actions and controls in the app – aligned with Apple's Human Interface Guidelines.

Core Principles

The app follows Apple's Human Interface Guidelines (HIG). Anyone familiar with iOS apps will recognize most gestures immediately. This chapter explains the most important gestures – especially the app-specific differences.

The most important principle: Destructive actions (delete) are always on the left, non-destructive actions (edit) are always on the right. This is iOS standard and prevents accidental deletion.

Views and Sheets

The app uses two types of screens:

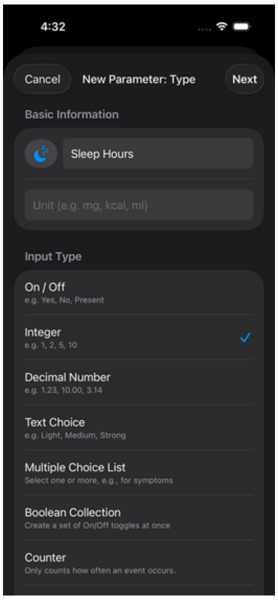

Fig. 68: Regular view — with back arrow in the navigation bar

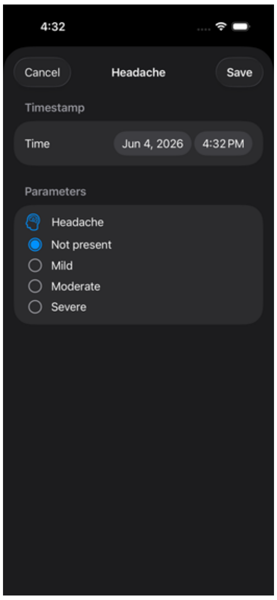

Fig. 69: Sheet view — opens from below, pill handle at top

Regular view (navigation push): A new screen slides in from the right. A back arrow (←) appears in the top left. This view belongs to the navigation hierarchy.

Sheet: A sheet opens from below. It has a small **pill handle** (short bar at the top center) and overlays the previous view.

Closing a Sheet

A sheet can be closed in three ways:

Method	Gesture
Swipe down	Place finger near top of sheet, drag downward
Drag pill handle	Drag the small bar at the top center downward
Cancel button	Tap **Cancel** or **Close**

 Swiping down always works – even when no button is visible.

List View

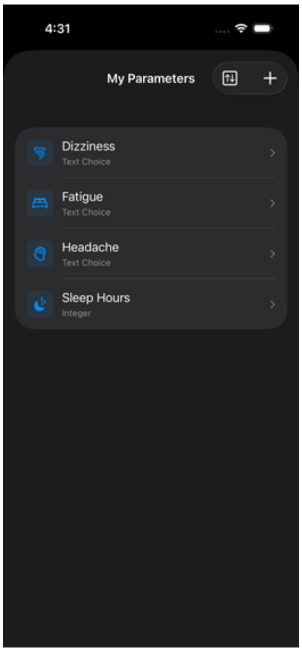

Fig. 70: List view with multiple entries

Lists display entries with separator lines. Each entry can be tapped to open or edit it. Entries with a ≡ **drag icon** (three lines on the right) can be reordered by long pressing that icon.

See the sections below for swipe actions in lists.

Tap (short)

Fig. 71: Short tap on tile and list entry

The most common gesture: a short tap triggers the **main action** of an element.

Where	What happens
Dashboard tile	Record event (main action)
List entry	Open configuration or detail
+ **Plus**	Add new element
Done / **Next** / **Save**	Confirm action
Cancel / **Back**	Cancel, no change

> All buttons are tappable across their **full width**. You don't need to aim precisely at the icon or text.

Long Press (hold)

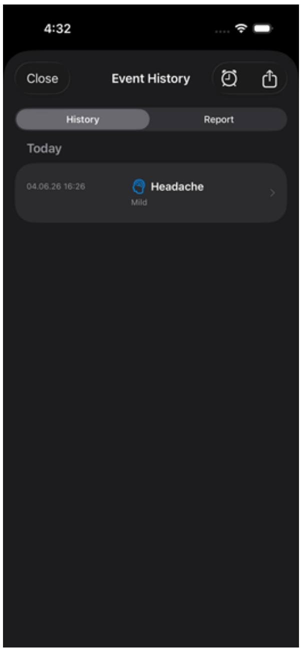

Fig. 72: Long press: dashboard tile opens history, list entry enables sorting

Long pressing activates a **secondary action** – but what that means depends on context:

Where	What happens
Dashboard tile	Open and search event history
“Advanced” tile in the settings dashboard	Opens the advanced settings list view
☰ **Drag icon** (3 lines) in lists	Release element for sorting

> ￼ **Note:** Long pressing on the dashboard and in list configurations means different things. This is a system-level constraint – iOS only offers a limited number of gestures.
>
> ￼ Releasing for sorting is confirmed by a visual **and** haptic signal (brief vibration).

```
Dashboard:         Long press → event history
                   (Main action: short tap → record event)

Settings dashboard: Long press "Advanced" → open list view
                    (Tap entry → open settings sheet)

Settings list:     Long press ≡ → start reordering
                   (Tap entry → open configuration)
```

Swipe: List Actions (left & right)

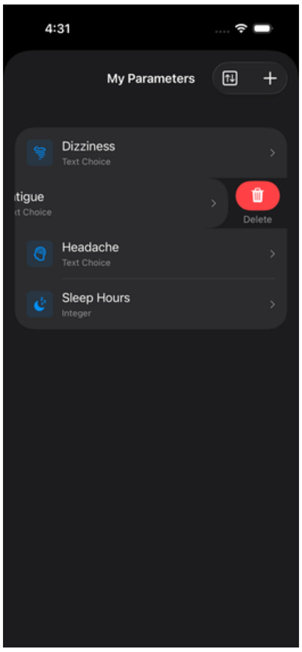

Fig. 73: Swipe left shows red delete button, swipe right shows blue edit button

In lists there are two swipe directions with clearly separated roles:

Direction	Color	Meaning	Examples
Right to left ←	▯ Red	**Destructive** – irreversible	Delete, remove
Left to right →	▯ Blue	**Non-destructive** – safe	Edit, rename

This pattern is iOS standard per HIG – Swipe Actions. The color semantics are immediately understood by iOS users: red = caution, blue = safe.

Delete with Confirmation (Left Swipe)

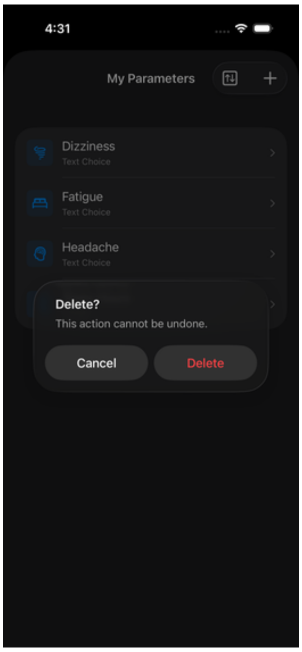

Fig. 74: Confirmation dialog after left swipe on a parameter

When you swipe right to left and tap **“Delete”**, a confirmation dialog appears – for all elements that will be permanently removed:

```
Swipe right to left
→ Tap red "Delete" button
→ Confirmation dialog appears
→ Tap "Delete" again (or "Cancel")
```

This two-step process prevents accidental deletions. The pattern follows Apple’s HIG – Destructive Actions.

> After confirmation the action is **not reversible** – always think briefly before tapping!

Edit via Right Swipe

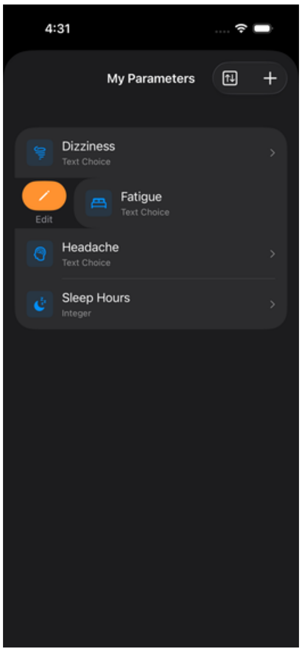

Fig. 75: Right swipe shows blue edit button on a list entry

When you swipe left to right, the **"Edit"** button appears in blue. This is the fastest way to open an entry directly from the list – without having to tap it.

> The right swipe is not available everywhere in the app – only where a quick edit action makes sense (e.g. parameters, groups, reports).

Switching Between Dashboards

Fig. 76: Swiping between two dashboards – left swipe on the dashboard

On the **dashboard itself** (not in a list) swiping means something different:

Gesture	Where	What happens
Left to right →	Dashboard main view	Previous dashboard
Right to left ←	Dashboard main view	Next dashboard

Dashboard swiping is separate from list swiping. Swiping within a tile or list entry triggers the list action – swiping on the free dashboard background switches the dashboard.

Context Menu (Long Press on List Entry)

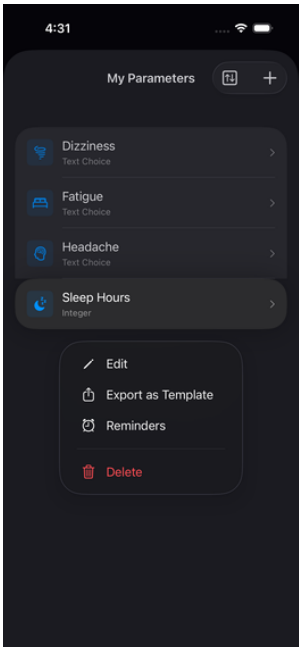

Fig. 77: Context menu with edit, export and delete after long press

Long pressing a **list entry** opens a context menu with all available actions at a glance. The context menu mirrors the swipe actions:

```
Context menu content (example: parameter):
  ✏  Edit      (= right swipe)
  ▯  Export    (context menu only)
  ▯  Reminder  (context menu only)
  ──────────────
  ▯  Delete    (= left swipe, highlighted red)
```

> ▯ The context menu is useful when you want to see all actions without knowing whether there's a swipe for them – everything at a glance, no guessing.

Per HIG – Context Menus, destructive actions in context menus are always red and placed at the end of the list.

Toolbar Elements and Navigation

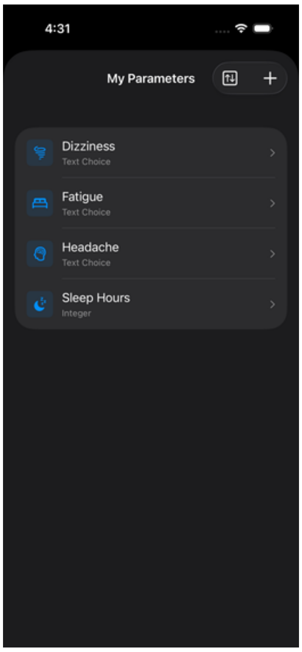

Fig. 78: Toolbar with back arrow, title, import/export symbol and plus

Element	Symbol	Meaning
Navigate back	← (top left)	Return to previous page
Import/Export	↑↓ (top right)	Import / Export
Plus	+ (top right)	Add new element
Ellipsis / More	… (top right)	Submenu with more actions
Scrollbar	Thin bar (right)	Page has more content
Drag icon	≡ (3 lines right)	Element is sortable

Dashboard: Two Gestures on One Tile

Fig. 79: Short tap records event, long press opens history – on the same tile

The dashboard has **two different actions** for the same tile:

```
Short tap  → Record event (main action)
Long press → Open event history + search (secondary action)
```

This is the most important app-specific gesture. It allows you to both enter new data and look up previous entries with two simple gestures – without switching views.

Quick Reference: The Most Important Actions

```
Record event:          Open dashboard → short tap tile
Open event history:    Dashboard → long press tile
Correct event:         Long press tile → select entry → Edit
Delete entry:          In list, swipe right to left → Delete → Confirm
Edit entry:            In list, swipe left to right → Edit
Context menu on entry: Long press list entry → choose action
Switch dashboard:      Swipe on dashboard background (left/right)
Close sheet:           Swipe sheet downward, or tap Cancel/Close
```

Für meine geliebten Mädels Claudia und Nellie

In Gedenken an Jane J. (1968 – 2026)

Speziellen Dank und Grüße an

Open Food Facts Team und Supporter

ASV-CED Havelhöhe-Team

Lauf Team München (Scoreloop und xBaff): Rudi Z. (Lauf-Coaching und Inspiration), Andi M., Christian D., Rob K.
Lauf Team Unterhaching: Manuel B., Chris B., Anna S.

IOOM–Unterstützer- und Inspirationsteam Berlin: Claudia (Testing), Gordo K. (Medikamente und Alarmierung), Stefan W. (Beratung)