

NudgeBack Support

Having trouble or feedback? We'd love to hear from you.

Email: kit.techinfluence@gmail.com

Frequently Asked Questions

Why am I not getting notifications?

Go to Settings on your iPhone → NudgeBack → Notifications → make sure Allow Notifications is on. Also check that Gentle Nudges is enabled inside the app settings.

How do I resume a paused task?

Your paused task appears as a card on the home screen. Tap it to resume right where you left off. Swipe left or tap the X to dismiss it.

Does NudgeBack store my data?

No. Everything stays on your device. No account required. No cloud storage. No tracking.

How do I clear my history?

Go to Settings inside the app → Clear saved history.

NudgeBack is built and maintained by Ankit Khand.

Version 1.0