SUPPORT INFORMATION

Welcome to Brim Flow support. This page is here to help you get set up and answer the questions that come up most often.

Getting Started

Start by setting a daily goal, either by letting the app suggest one based on the details you provide or by entering your own. Once your goal is in place, add water as you drink throughout the day and watch the glass fill toward the top. The more consistently you log, the more useful your streak and summaries become.

Common Questions

Where is my data stored? Your records are kept on your device. The app is built to work without an account.

How is my daily goal decided? You can set the goal yourself or let the app suggest one from the information you enter. You are free to adjust it at any time.

Can I track drinks other than water? Yes. You can add different drinks and the app accounts for them when totaling your intake for the day.

Can I keep a backup? The app includes options to export or back up your data. Once a file is created, it is yours to store and manage as you prefer.

Why am I not getting reminders? Reminders rely on notification permission for the app on your device. If they are not appearing, check that notifications are enabled in your device settings.

Tips

Try adding a sip as soon as you finish a glass rather than saving it for later, so your total stays accurate. Logging at roughly the same points in your day also makes it easier to build a steady habit and keep your streak going.

Contact

If you need more help, have feedback, or want to report a problem, email us at:

support@brimflow.app

We aim to respond as quickly as possible and appreciate your patience.