Vowday Terms of Use

Effective date: October 23, 2026
Last updated: October 23, 2026

These Terms govern your use of Vowday, listed on the App Store as “Vowday - Streak & Resolve” (the “App”). “We,” “us,” and “our” refer to the provider of Vowday. By using the App, you agree to these Terms.

Contact: vowday@outlook.com

Contents

- [Eligibility and personal use](#eligibility-and-personal-use)
- [Creating and managing quit vows](#creating-and-managing-quit-vows)
- [Daily check-ins and break records](#daily-check-ins-and-break-records)
- [Streaks, milestones, and personal estimates](#streaks-milestones-and-personal-estimates)
- [Setting a bedtime reference](#setting-a-bedtime-reference)
- [Using evening reminders](#using-evening-reminders)
- [Summary images and your content](#summary-images-and-your-content)
- [Local history and deletion](#local-history-and-deletion)
- [Disclaimers and limitation of liability](#disclaimers-and-limitation-of-liability)
- [Apple App Store terms](#apple-app-store-terms)
- [Changes and applicable rights](#changes-and-applicable-rights)
- [Contact](#contact)

Eligibility and personal use

Vowday is intended for users aged 13 and older and requires an iPhone running iOS 15.6 or later. If you are a minor, use the App with any parental or guardian involvement required by local law.

The App and all its features are available at no cost. Use is personal and individual: your records live on this iPhone in the App’s private storage.

Use the App lawfully and respect the rights of others. Rights in the App’s software, design, and supplied content remain with their respective owners.

Creating and managing quit vows

You can create a quit vow by selecting a category, writing a habit name, choosing a money, time, or count metric, and setting a daily baseline and optional start date.

Categories provide classification. Presets offer editable starting suggestions; review them and choose values suitable for your circumstances.

You can keep any number of vows active at the same time, and pin one as the main vow on the home screen. Ending a vow preserves its history. Deleting a vow removes its records after confirmation.

Daily check-ins and break records

For each active vow, you can mark a calendar day as kept or broken. The missed-day catch-up flow also allows an unclear outcome, which is treated as kept with a soft marker.

Saving a break requires a situation. You may also add an optional short note. You are responsible for the content and accuracy of your entries. The usefulness of your history depends on your own check-ins and recollection.

Streaks, milestones, and personal estimates

Vowday derives current and longest streaks, total clean days, break counts, recent situations, and cumulative money, time, or count figures from the records kept on this iPhone. Milestones, such as 7, 30, or 100 clean days, are shown once based on that on-device data.

Cumulative figures equal clean days multiplied by the applicable daily baseline. Broken days are excluded, and changes to a baseline apply going forward only.

These figures are personal convenience calculations and planning aids. They represent estimates based on your chosen baselines. Seek appropriately qualified advice for financial, medical, or clinical decisions.

Setting a bedtime reference

For late-night vows, you can set a bedtime line, defaulting to 00:30. It serves as a personal reference when you judge your day's outcome. Check-ins are always confirmed by you.

Use this feature for personal reflection. Questions about sleep quality, sleep conditions, or treatment should be addressed with a qualified healthcare professional.

Using evening reminders

The evening reminder setting is on by default at 21:30 local time, subject to iOS notification permission. You can change its time or turn it off in Settings through the home-screen gear, and manage notification permission in iOS settings.

Delivery depends on permission, Focus modes, and device power. Treat reminders as prompts; completing a check-in requires opening the App and confirming your record.

Summary images and your content

You retain any rights you hold in the habit names, notes, and other content you enter.

You can generate a summary image showing the habit category, habit name, current streak, total clean days, break count, main cumulative figure, and a month calendar colored by each day's kept, broken, or unclear outcome. Situation labels and notes are not on the image. Saving to Photos uses Photo Library Add permission. Sharing uses the iOS system share sheet.

Review the image and select its destination carefully. Saved or shared copies leave the App's private storage, and the destination's applicable terms and privacy practices govern their subsequent handling. You are responsible for choosing what to disclose and for having the rights needed to share the content.

Local history and deletion

Your Vowday records stay on this iPhone in the App's private storage. You decide whether to keep, end, or delete a vow.

Review deletion confirmations carefully. Deleting a vow removes its records from the App; uninstalling Vowday deletes its private storage on that iPhone. Manage previously saved or shared images separately in Photos or at the destination you chose.

Disclaimers and limitation of liability

The App is provided **"as is"** and **"as available"**. **To the maximum extent permitted by law**, we disclaim implied warranties of merchantability, fitness for a particular purpose, and noninfringement, except for warranties that applicable law does not allow us to exclude. Your mandatory statutory rights remain available.

To the maximum extent permitted by law, our **total liability** arising out of or relating to your use of the App is limited to the amount you paid, if any, for use of the App during the twelve months before the claim arose. Vowday and all its features are available at no cost.

These provisions apply only where lawful. They preserve mandatory consumer rights and liability that applicable law requires us to accept, including liability for fraud, intentional misconduct, gross negligence, and death or personal injury caused by negligence where such liability is legally protected.

Apple App Store terms

Use of the App is also subject to Apple's applicable usage rules and Standard End User License Agreement. These Terms supplement that license for Vowday's features.

Apple's standard license governs the licensed use of the App. These Terms preserve the rights and obligations that apply under that license.

Changes and applicable rights

We may update these Terms to reflect changes to Vowday or applicable requirements. Revised Terms will display updated dates, and any legally required notice or acceptance will be obtained before a relevant change applies.

The mandatory laws and consumer protections applicable to you remain in force. These Terms preserve any right to bring a claim before a court or other body available to you under those laws.

Contact

For questions about Vowday or these Terms, contact:

vowday@outlook.com