

Here to help.

A little help with your daily routine. Stepwise is a personal GLP-1 journal for adults, operated by Cubicfox Kft.

Contact support

Email info@cubicfox.com with the subject Stepwise Support. Include your iPhone or iPad model, iOS version, Stepwise version, and a short description of what happened. Please leave medication details, health records, private photos and sign-in codes out of your first message. If we need more information, we will explain what is useful.

Getting started

Choose Start my journey to replace the clearly labelled fictional sample journal with your own information. Enter your prescribed medication and schedule, then set the daily goals that suit your care plan. You can change these later in Settings. The app interface is currently English.

Apple Health import

In Settings, find Apple Health, choose a date range and tap Review health import. Unlock your device and respond to any Apple permission request. Review the sources and records before confirming an import. Import is manual; Stepwise does not continuously sync in the background. The widest supported range starts in 2000 and includes only available, readable records.

If no Health permission sheet appears

A new permission sheet may not appear if you already made a choice for those data types. In the Health app, open your profile, then Apps and Stepwise, and review read access. Apple does not tell Stepwise whether you denied read permission. An empty import may also mean no records are available, or they were already imported. The sample journal cannot import personal Health data; start your own journey first.

Reminders and records

Check notification permission and your device's Focus settings if reminders are not appearing. A reminder is a convenience, not a medical alarm. Follow your clinician's instructions and check your saved schedule. Re-importing the same Health source records does not create duplicate entries; manual records of the same type on the same day are preserved.

Moving phones and backups

The health journal is stored on your device. Creating a Stepwise account does not back it up to a server. Export a Stepwise JSON backup before changing devices and import it on the new device. Journal CSV and JSON exports exclude photos; export the photo album separately. Exported files are outside the encrypted journal, so store and share them carefully.

Account and journal deletion

Settings offers separate controls to delete your optional account and erase the device journal. Signing out keeps your journal. Account deletion does not erase your device journal; erase it separately if that is what you want. Copies you already exported remain wherever you saved or shared them.

Free to use

Stepwise 1.0 has no subscription, trial or in-app purchase. An account is optional. If you have a question about the app or your data, contact info@cubicfox.com. For medication, dosing, symptoms or urgent health concerns, contact a qualified healthcare professional or your local emergency service.