

A few things to know.

These terms describe your use of Stepwise 1.0 for iPhone and iPad, provided by Cubicfox Kft. Questions: info@cubicfox.com. Apple's applicable app licence terms also apply to your download.

A personal journal for adults

Stepwise helps you record your prescribed GLP-1 routine, daily habits and personal observations. Use it for your own records and provide information you are entitled to use. Any initial sample journal is fictional and clearly labelled.

Your care stays with your clinician

Stepwise does not provide medical advice, diagnose conditions, prescribe treatment, recommend medication doses, or predict individual outcomes. Follow your prescription and your clinician's instructions. Goal suggestions, charts and any estimates are informational and may not fit your circumstances. Do not change medication or treatment based on the app. Seek professional help for concerning symptoms and urgent care in an emergency.

Your responsibility for records

Check the medication, units, dose, date, schedule and entry type before saving. Review imported data and its source before adding it to your journal. Correct errors when you find them. Keep a separate record of critical treatment instructions. Medication names identify supported logging choices and do not imply affiliation with or endorsement by manufacturers.

Free release and optional account

Stepwise 1.0 is free to use, with no subscription, trial or in-app purchase. A Stepwise account is optional. Keep sign-in codes private and use an email address you control. Account registration does not upload or back up your health journal. Any future paid service would present its price and applicable terms before a purchase; using this release does not authorize a future charge.

Permissions and availability

Some features depend on device capabilities, operating-system permissions and available data. Notifications can be delayed, silenced or disabled. Health import is manual, requires permission and only reads available records. The app is not an emergency alarm or clinical monitoring service. We may update the app to fix issues or change features; availability and operation are not guaranteed to be uninterrupted.

Your data and backups

Your local journal is stored in an encrypted database on the device. You control exports and should keep a separate backup before changing devices. Exports and shared copies are outside that encrypted database and may contain private information. The Privacy Policy explains account processing, local records, optional photos, Health access and your deletion controls.

Deleting or stopping use

You can stop using Stepwise at any time. Settings offers separate account deletion and device-journal erasure. Signing out does not erase the journal. Erasing records in the app does not recall files, screenshots or calendar records you already exported or shared.

Fair use and applicable rights

Do not misuse the service, attempt unauthorized access, or interfere with other users or service infrastructure. You retain your rights in the content you enter. Nothing in these terms removes mandatory consumer or data-protection rights, or excludes responsibility where applicable law does not permit it. Contact info@cubicfox.com if you have a question or need help.

Updates and contact

If these terms change, we will identify the updated date and provide any notice or consent required by law. The provider is Cubicfox Kft. Contact: info@cubicfox.com. The app interface is currently English.