

ItsBeen

How many days has it been?

ItsBeen counts the days since you last did it — watered the plants, called Mom, changed the oil, cleaned the coffee machine. Add the things you do every so often, and each one shows a running day count. Do the thing, tap once, and the count starts over. A home-screen widget keeps the number where you can't ignore it.

1. Add Your Items

1. Tap the **+** button in the top-right corner.
2. Name the item (e.g. "Watered the plants") and pick an icon from the 16 in the grid.
3. Tap **Save**. The day count starts at zero — from today.

Already been counting in your head? Before saving, flip on "I've already been counting" and enter when you last did it (or how many days it's been). The count starts from there instead of zero.

To edit an item later, open it and tap **Edit**. To delete one, swipe left on it in the list.

2. Did It? Tap It

When you finally do the thing, tell ItsBeen and the counter restarts:

- **From the list** — tap the reset button on the item's row.
- **From the item** — open it and tap the big **I Just Did It** button.
- **From the widget** — tap the widget's button and the count resets without even opening the app.

Counts roll over at midnight, so "3 days" always means three actual calendar days — not 72 hours.

3. Put It on Your Home Screen

1. Long-press your home screen, tap **Edit** → **Add Widget**, and pick **ItsBeen**.
2. Long-press the widget → **Edit Widget** to choose which item it shows.
3. Glance at the day count all day; tap the widget's reset button the moment you do the thing.

Tip: Give the widget to the one item you always forget — the number staring at you is the reminder.

Protecting a long streak? Each item has a "Quick reset on the widget" toggle (in the item's Edit screen). Turn it off and the widget shows the count without a reset button — a stray tap can't wipe out 200 proud days. Resetting from inside the app still works.

4. Goals — Pro

A goal is the number of days you're aiming for between resets — "water the plants every 7 days." Set one when adding or editing an item, and the item shows a progress bar toward the goal. Hit it and ItsBeen celebrates with a green bar and a cheer.

Goals work both directions: aim to do something often (a 7-day watering cycle), or watch the days pile up on something you quit and feel great at every milestone.

5. Stats and History

Open any item to see its full story. The **History** section lists every reset and the gap between them — free for everyone, forever. With Pro, the **Stats** section adds:

- **Longest stretch** — your record gap, counting the current run.
- **Average interval** — how often you really do it (not how often you think you do).
- **Times done** — total resets since you started tracking.
- **Goal reached** — how many intervals hit your goal.

Free vs Pro

ItsBeen is free to use forever with 3 items. A single one-time purchase — ItsBeen Pro, \$2.99, no subscription — unlocks everything else.

	Free	Pro — \$2.99 once
Items	3	Unlimited
Quick reset + full history	Included	Included
Home-screen widget	Included	Included
Head-start dates + 16 icons	Included	Included
Goal intervals	—	Included
Streak stats	—	Included
Custom colors (8)	—	Included

Unlock Pro from Settings or any locked feature, and use **Restore Purchases** to bring it to a new phone.

Frequently Asked Questions

I reset an item by accident. Can I undo it?

Open the item and swipe left on the accidental entry in the History section to delete it — the count goes back to the previous reset. If the accident happened on the widget, consider turning off "Quick reset on the widget" for that item.

Why does it still say 0 days? I added it yesterday evening.

Counts are calendar days, and they tick over at midnight. If it says 0 the morning after, check the item's start date — you may have given it a head start of today.

The widget shows the wrong item.

Long-press the widget → Edit Widget and pick the item you want. Each widget can show a different item, so add one per thing you care about.

Can I track things I've quit, like caffeine?

Absolutely — that's half the fun. Add "Had caffeine," give it a head start from your quit date, and watch the number climb. Pro's longest-stretch stat becomes your record to defend.

Does ItsBeen need an account or internet?

No. Everything lives on your device — no sign-up, no tracking, nothing leaves your phone.

Is Pro a subscription?

No — Pro is a single one-time purchase. Buy it once and it's yours forever.