Strongest Point

The guide

Every step is one tap. Words in quotes are exactly what you'll see on the screen. The pictures are from a phone; on a computer the same buttons are in the same places, just wider.

Before you start

Strongest Point is a daily card you keep on your phone: a personal DBT diary, or a family plan for a child. You answer it once a day, in about a minute, and the report shows your therapist what the weeks looked like.

1. Pick your device at the top of this guide, so the steps match what you're holding.
2. Have your email address ready. Your account is your email and a password you choose.
3. If you're in a crisis, call 911, go to the nearest emergency room, or call or text 988. The **“Crisis help”** button is on every screen. Nobody watches this app in real time.

Create your account

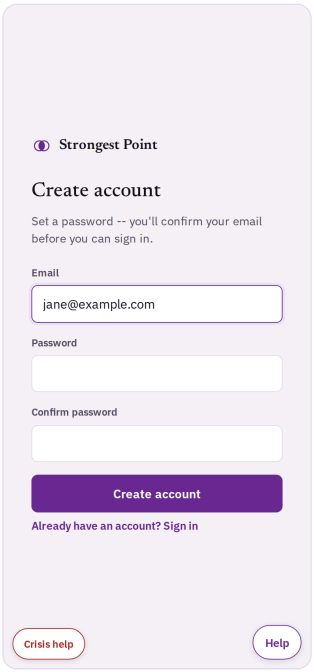
Once. After this you only sign in.

1. **iPhone or iPad:** Open Safari and go to strongestpoint.com.

   Android phone: Open Chrome and go to strongestpoint.com.

   Computer: Open your web browser and go to strongestpoint.com.

2. Tap **“Create your account”**.
   You'll see: The **“Create account”** form opens.

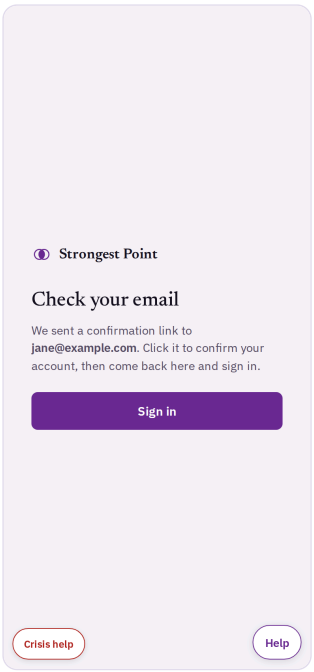


3. Tap the **“Email”** box and type your email address.

4. Tap **“Password”** and type a password of at least 8 characters. Type the same password again under **“Confirm password”**.

5. Tap **“Create account”**.

   You'll see: **“Check your email”** appears, with the address you typed.



6. Open your email. Find the message from Strongest Point and tap **“Confirm your email”**. Check your junk or spam folder if it isn't there after a minute.

   You'll see: The app opens and says your email is confirmed.

7. Tap **“Sign in”**, type your email and password, and tap **“Sign in”** again.

   You'll see: **“Step 1 of 3”** appears. That's the first-time setup, next.

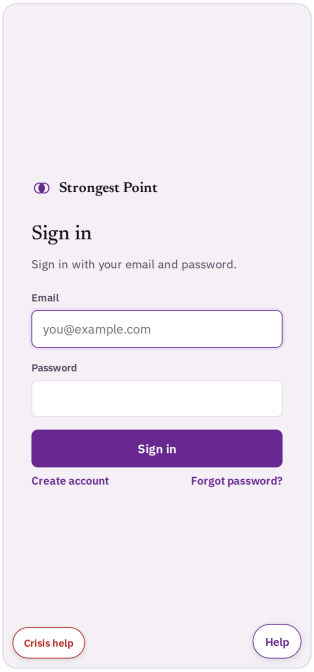
Sign in, and if you forget your password

1. **iPhone or iPad:** Tap the Strongest Point icon on your home screen. If you haven't added it yet, open Safari and go to strongestpoint.com/app/.

   Android phone: Tap the Strongest Point icon on your home screen. If you haven't added it yet, open Chrome and go to strongestpoint.com/app/.

   Computer: Go to strongestpoint.com/app/.

2. Tap **“Sign in”**.



3. Type your email and password, then tap **“Sign in”**.
   You'll see: Your card opens. You stay signed in on this device until you tap **“Sign out”**.

4. Forgot your password? On the sign-in screen tap **“Forgot password?”**, type your email, and tap **“Send reset link”**.

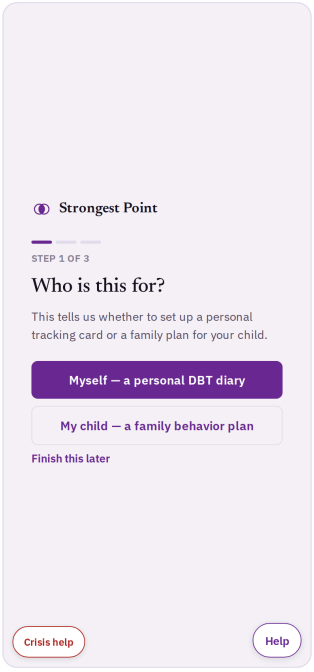
5. Open the email from Strongest Point and tap **“Reset your password”**.
   You'll see: **“Choose a new password”** opens.

6. Type a new password twice and tap **“Save new password”**.
   You'll see: You're signed in with the new password. The old one no longer works.

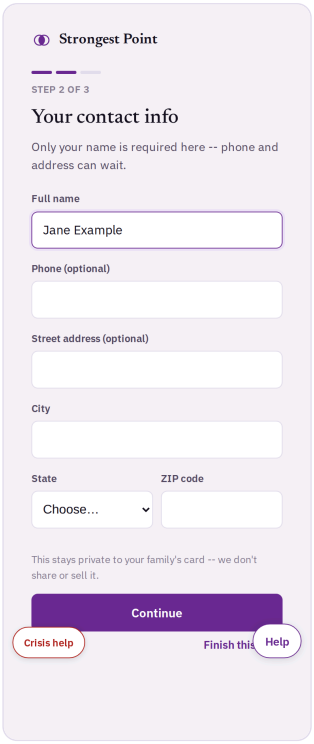
First-time setup

Three short screens the first time you sign in. Nothing here is hard to change later.

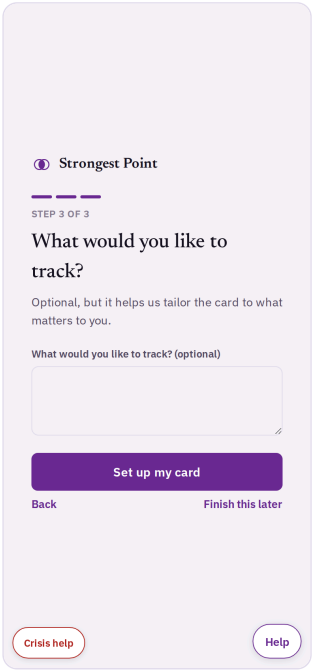
1. On **“Step 1 of 3”**, tap **“Myself — a personal DBT diary”** if the card is about you, or **“My child — a family behavior plan”** if you're a parent keeping it for your child.



2. On **“Step 2 of 3”**, type your full name under **“Full name”**. Phone and address are optional. Tap **“Continue”**.
   You'll see: Your name is what shows under each answer you enter, so your family can see who filled it in.



3. On **“Step 3 of 3”**: for your own card, you can say what you'd like to track, or leave it blank, and tap **“Set up my card”**. For a child, type their name, pick their birth date from the Month, Day and Year lists if you like, and tap **“Set up their card”**.

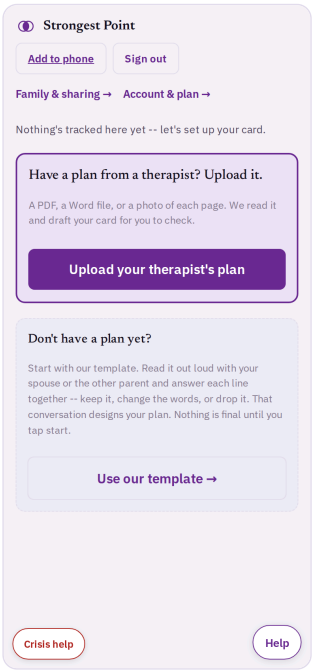


4. In a hurry? Tap **“Finish this later”**. The setup comes back the next time you sign in.

Set up the card

A card is the list of things you answer each day. You can build it from the plan your therapist gave you, or start from a sample and change it.

1. After setup, the screen says **“Nothing's tracked here yet”**. There are two big buttons: one if you have a plan from a therapist, one if you don't.



2. Have a plan from your therapist? Tap **“Upload your therapist's plan”**, then pick the file: a PDF, a Word file, or a photo of each page.
   You'll see: **“Uploading...”** then **“Reading your plan... this takes about 30 seconds.”** Then **“Check your card”** opens with the plan's items already filled in.

3. Couldn't read the file? The screen says so and why. Tap **“Try another file”**, or tap **“Start with our template instead”**.

4. No plan yet? Tap **“Use our template →”**.
   You'll see: **“Design the plan together”** opens with 14 starter items.

5. Read each line out loud with your spouse or the other parent and decide together: keep it, change the words, or tap ✕ to drop it. That conversation is how the plan gets designed. Nothing is final until you tap start.

Check the card, then start tracking

While the card is a draft you can shape it. Changes save as you go; there's no Save button.

1. The box at the top says what to do and has the one button that matters: **“Looks good — start tracking”**. Everything below it is optional.

2. To rename an item, tap its **“Label”** box, type the new name, and tap anywhere else.

3. To move an item, tap ▲ or ▼ next to it, or ⤒ / ⤓ to send it straight to the top or bottom. The card shows items in exactly this order, with a group heading wherever the Group changes; to move an item into another section, change its Group too.

4. To remove an item, tap ✕ next to it, then confirm.

5. To add an item, scroll to **“Add an item”**, type a Label and a Group, pick the kind of answer under Scale (Yes / No, Count, Duration, Percent, Hours, Free text, Pick one from a list, or Pick any that apply from a list), and tap **“Add item”**. For the two list kinds, a **“Choices”** box appears: type one choice per line, such as the DBT skills. You can change an item's list later in the same box on its row.

6. To make an item appear only after another answer (for example, details that only matter when something happened), open its **“Only show this if”** list and pick the other item. For a Yes / No item, choose **“is Yes”** or **“is No”**; for anything else, type the answer that should reveal it. Capital letters don't matter.

7. A Yes / No item can offer **“N/A”** as a third answer for days it doesn’t come up: tick **“Offer N/A”** under the item. The report then counts yes against no only on the days it applied. To ask it in two steps instead (**“Did a situation come up?”**, then **“Did you use a skill?”**), add the first as its own Yes / No item and set the second to only show when the first is Yes.

8. Lots of changes at once? Under **“Describe the changes”**, type what should change in your own words, or tap **“🎙 Dictate”** and say it (for example: **“add a yes/no for whether I used a DBT skill, a note for which ones and when, drop flossing, move s**
You can also paste a transcript of the conversation, or attach it as a file. Tap **“Save and suggest changes”**, then **“Apply”** or **“Skip”** each change, or **“Apply all”**. Nothing changes until you tap Apply. To keep the conversation itself, tap **“● Record”**, talk, tap **“Stop”**, then **“Save recording”**.

9. When the card looks right, tap **“Looks good — start tracking”**, then **“Yes, start tracking”**.
You'll see: The daily card opens. The **“Customize this card”** link goes away: a published card doesn't change, so past days always show what they were answered against.

10. Treatment changed? Above a card that's already tracking, tap **“Edit the card →”**. The card comes back to this screen as a new version from today: add, rename or remove what you like, then tap **“Looks good — use this card”**. Days before today keep the items they had, and nothing already entered is lost.

11. Not ready? Tap **“Not yet”**, or **“Back to card”** and come back to **“Customize this card →”** any time.

12. Under **“Describe the changes”** you can also say where an item's number should come from, or how it should be answered:
“read my walking from my ring”,
“add my sleep from the ring next to the CPAP numbers”,
“make Water a count instead of yes/no”.
You'll see: A proposal per change: feed this item from the Oura ring, add that item fed from the ring, change this item to a count. Approve the ones that are right; the feed is wired up as you approve.

13. **“Group”** is the part of the card an item sits under. The parts already on the card are offered as chips under the field: tap one rather than typing it, so a typo does not start a new part by accident. A new name still works when you want a new part.

Learn the DBT skills

New to DBT, or new to a skill your therapist just taught? There's a plain-language guide, and a one-tap list of the standard skills for your card.

1. Open strongestpoint.com/learn/ (also linked from **“Add an item”** and from any skills list on your card). It explains what DBT is, the four skill groups, when each skill applies, how to do it, and how to note it on your card.
2. To add the standard skills to your card: on the customize screen, under **“Add an item”**, tap **“Start from the standard DBT skills list”**. The box fills with a pick-any list of fourteen skills. Delete the lines you haven't learned yet, add any your therapist uses, then tap **“Add item”**.
   You'll see: A new item, **“DBT skills I used”**, with the skills as buttons on your card.
3. Set it to show only after **“Used a DBT skill today”** is Yes, if you track that, using **“Only show this if”**.
4. On the card, a skills list shows **“What these skills mean →”** under the buttons, which opens the guide.

Today: your day at a glance

The app opens on Today: how the day is going, what has arrived and when, and one tap to the next thing. The card itself is one tap away on the bar at the bottom.

1. Open the app. The top of Today shows one number and one word for the day: on a family card the daily score (**“Good day”**, **“Mixed day”**, **“Hard day”**) once a parent has scored it, and **“In progress”** before; on your own card how much of the card is answered (**“Not started”**, **“Getting going”**, **“Most of the way”**, **“Card kept”**).
   You'll see: A ring fills as the day fills in. Under it, one sentence says what held the score back or what is left to do.

2. The small circles under it are the day in four numbers: the score or the answers so far, days kept in a row, DBT skills used today, and tomorrow’s phone minutes (family card) or items flagged for session (your own card).

3. Each part of the card has its own card on Today, in the card’s order, with how much of it is answered, when it was last touched and the last seven days as bars. Tap **“Fill in”** to go to that part of the card; tap anywhere else on it to open the part in depth.

4. Once the score is complete, **“Why today’s score”** says in plain words which areas were a 2 and which were not, and what the color means for tomorrow’s phone.

5. The timeline is everything that landed on this day, newest first, with the time: answers on the card, what a connected source filled in, the parent log, My side, reflections, the posted day color. Tap one to go to it on the card.

6. Above the timeline, **“Tell the day”** and **“Log it”** (or **“My side”**) go straight to those boxes on the card. **“Mark days away”** is there for a parent too.

7. The bar at the bottom is on every screen: **“Today”**, **“Card”** and **“Plan”** (or **“Report”** on your own card). The round **“+”** beside it is the quick way to add something: tell the day, log it, mark days away, or open the card.

8. On a phone, Today keeps the top of the screen short: the links (**“Report”**, **“Family meetings”**, **“Plan”**, **“Family & sharing”**, **“Account & plan”**, **“Refer a friend”**, **“Edit the card”**, **“Add to phone”**, **“Sign out”**) sit behind the ☰ button at the top right. The card screen shows them as before.

9. Use the date arrows at the top to see an earlier day’s Today, timeline and all. **“Today”** brings you back.

10. In a part of the card opened in depth: the big number is how much of it is answered, with **“ALL ANSWERED”**, **“IN PROGRESS”** or **“NOTHING YET”** beside it. **“Contributors”** lists each item with today’s value and a bar for how many of the last seven days it was answered. Tap a row for what the item means, its last seven days, and arrows to the next item. **“Key metrics”** and a seven-day line for each number sit below.
    You'll see: **“Collecting data”** where there are not enough days yet: a line needs two days with a number, a trend three days with answers.

11. A child sees Today too, quieter: no ring and no circles, the headline and sentence, the parts of the card, the timeline, and the score box once the night's score is posted.
12. In a part opened in depth, the row of chips under the date switches between the parts of the card without going back to Today.

Fill in today's card

This is the part you do every day. Answers save the moment you tap them.

1. Open the app. Today's card is showing, with the date across the top.

2. Under the date, the parts of the card sit in a row of chips (for example **“Anchors 2/4”**). Tap one to jump to that part; the chip for the part you are looking at stays dark as you scroll. The count turns green once every item in that part is answered.

3. For a Yes / No item, tap **“Yes”** or **“No”**. Tap it again to clear it. Some items also offer **“N/A”** for a day the thing didn’t come up (no moment that needed a coping skill, say): it counts the item as answered without counting it as a no.
   You'll see: The button fills in and **“Saved”** flashes at the bottom of the screen.

4. For a number (a count, hours or a percent), slide the ruler until the needle sits on the right value: swipe it on a phone, or drag it or roll the mouse wheel over it on a laptop. Values you have used before sit above it as one-tap chips. The × empties it.
   You'll see: The big number above the ruler changes as you slide, and **“Saved”** flashes once it settles.

5. For a duration, tap the closest choice, or type your own in **“or type it”**.

6. For an item answered from a list (for example, which DBT skills you used), tap the choice. **“Pick any that apply”** items let you tap several; tap a choice again to un-pick it.

7. To add a note to any item, tap **“note (optional)”**, type, and tap anywhere else.

8. To mark something you want to talk about in your next session, tap ✱ on that item.
   You'll see: The row turns yellow. Flagged items are collected in the report.

9. Under each answer, **“— last updated by”** shows who entered it, which matters when two parents share a card.

10. If **“Not saved”** appears at the bottom, you've lost signal. Wait a moment and tap the answer again.

Reflect on the day

Above the card there's a box: **“How did today go?”** Tell it in a few lines and it hands back the DBT skills you used, named, a question or two for your next session, and the card filled in from what you said.

1. On the day you want to reflect on (use ‹ › or the calendar for an earlier day), type a few lines in the box, or tap **“🎙 Dictate”** and say it. What happened, what you did, how it went.
   You'll see: The small print under the box says where your words go: to an AI model through our server, under your login. It isn't therapy and never overrides your therapist.

2. Tap **“Reflect”** and wait about twenty seconds.

3. Everything the words speak to goes onto the card by itself: blood pressure, medication times, numbers, yes/no, picks, feeling words. Under **“Filled in on the card”** each one shows what it was before, with Undo.
   You'll see: The card below updated, and the list to check it against. Anything that is not yours to fill (a parent’s item, or the child’s) is listed as left for them.

4. Read it: a line or two back to you; **“Skills you used”** with your own words quoted (tap a skill name to read about it); **“Something to try”**; **“Questions for your therapist”**; and a **“Summary for your session”**.

5. Tap **“✱ Flag for session”** on the summary if you want it on the report with a mark, or **“Copy”** to paste it anywhere.

6. Under **“Fill in the card”**, untick anything that isn't right and tap **“Apply to the card”**. The rest you fill in or tweak on the card as usual.
   You'll see: The card below updates; applied lines show **“✓ on the card”**.

7. To do it over, tap **“Reflect again →”**. Your reflections appear on the report under **“Reflections”**, and in **“Export everything”**.

8. Been away from the card for a stretch, or just want to tell several days in one go? Tap **“Several days at once? Tell them in one go →”** under the box (or **“Tell several days”** on the + button, or **“Tell these days…”** on an Away band). Pick the first and last day, then say how the days went, day by day where you can:
   “Monday she took her meds and went to school, one blow-up at dinner but she reset. Tuesday…”.
   Up to 31 days at a time.
   You'll see: Each day is filled in from what you said about it, and the reflection shows on every day of the stretch. On a family card a day is scored only on the areas you mention for that day: leave an area out and it stays unanswered rather than guessed, and the color posts only on a day where every area was scored. Days that were marked away get their mark lifted when they get answers (untick the box under the words to keep the marks). Open any day to check what landed there, with Undo on each line.

9. If what you write sounds like an emergency, the app won't reflect on it: it shows Crisis help instead. Please use it, and tell your therapist or doctor.

Look at, or fill in, an earlier day

1. Tap ‹ above the card to go back a day, and › to go forward.
2. To jump to a date, tap the date box on the right and pick the day.
3. Tap **“Today”** to come back to today.
4. You can fill in a day you missed the same way as today. You can't fill in a day that hasn't happened yet.
5. Missed a stretch of days for a reason that was not the card’s fault, like a hospital stay or a trip? On a parent’s view, tap **“Mark days away…”** at the top of the card, pick the first and last day and the reason (in the hospital, traveling, sick), add a note if you want one, and save. Those days are not scored, earn no phone minutes, and the report shows them hatched as away instead of empty. Your child sees the mark on their card and cannot change it.
   You'll see: A violet **“Away”** band at the top of each of those days with the reason and the dates. **“Not away this day”** or **“Clear the whole stretch”** undoes it.
6. To fill in a stretch from one account instead of pausing it, tap **“Tell these days…”** on the Away band (or **“Tell several days”** on the + button) and say how the days went. See **“Reflect on the day”**.

Add your child, and the other parent

Each person has their own login. You link them by sending an invitation; nothing links until they accept. The child first, then the other parent.

1. If your child's card doesn't exist yet: in **“Viewing”** at the top, choose **“+ Add a card...”**, tap **“A child”**, type their name, and tap **“Continue”**. Set the card up as in **“Set up the card”**.
2. With your child's card showing in **“Viewing”**, tap **“Family & sharing →”**.
3. Type your child's email under **“...'s email”** and tap **“Create invitation”**.
   You'll see: The invitation shows as **“Waiting for them to accept”**, with a link.
4. **iPhone or iPad:** Tap **“Share link”** and send it by Messages or email. Or tap **“Copy link”** and paste it anywhere.

   Android phone: Tap **“Share link”** and send it by text or email. Or tap **“Copy link”** and paste it anywhere.

   Computer: Tap **“Copy link”** and paste it into an email or text to your child.
5. Your child opens the link on their phone, creates an account with that same email, confirms it, signs in, and taps **“Accept”**.
   You'll see: The card becomes theirs, with everything already entered. You keep full access as their parent.
6. The other parent can be invited at any time, even before your child has a login: on the child's card, tap **“Family & sharing →”**, type their email under **“Other parent's email”**, tap **“Create invitation”**, and send them the link. They'll see that card only, and when your child accepts later, both of you stay linked as their parents.
7. Under **“Keeping ...'s card with you”**, tap **“Remove”** to take the other parent off the card.
8. To take back an invitation before it's accepted, tap **“Cancel invitation”**.
9. Either parent can send the child's invitation, and both see it waiting under **“Family & sharing”**.

Parents and child on one card

Once your child has their own login on the card, some things on it can be the parents' alone, and some the child's. The database keeps them apart; the app shows each of you only what is yours to see.

1. As a parent, tap **“Edit the card →”**. Under each item there are two choices: **“Who fills it in”** (anyone, your child only, or parents only) and **“Who sees it”** (everyone, or parents only). Set them and publish.
   You'll see: On the card, a **“parents only”** tag marks what your child never receives; **“<child> fills this in”** marks an item that is theirs, grayed out for you.

2. Above the items, parents get a **“Parent log”**: type or dictate what happened and how you handled it, and tap **“Log it”**. Your child never reads it; the other parent does.
   You'll see: Each note shows who wrote it and when. Tap Edit or Delete on your own.

3. Your child gets two boxes instead: **“My side”**, which you can read, and a **“Private journal”**, which nobody can — with one exception, written under it: if a note reads as danger happening now, the app shows them Crisis help and tells you to check on them, without the words.

4. If that happens you'll see **“Check on <child> now”** at the top of every screen. Go and check. Then tap **“I've checked on them”**.

5. A reflection you write on your child's day stays with the parents; the box says so. Your child's own reflections are theirs.

6. The report lists the parent log (for parents) and My side, each note on its day. **“Export everything”** includes the notes your login can read.

7. Two more kinds of item for a plan like this: a time of day (tap **“Now”** when medication is taken) and blood pressure as top, bottom and pulse.

8. Child: under a note in your private journal, tap **“Reflect on this →”**.
   You'll see: The reflection appears under the note and only you can read it, your parents included. Anything it fills in on the card is on the card like any other answer. The box at the top of the card, **“How did today go?”**, is the one your parents can read, and it says so.

Logging your child's day

Three ways to get the day down without typing it twice: log a moment as it happens, tell the whole day at once, or point the camera at the blood pressure cuff.

1. Log a moment: in **"Parent log"**, type or dictate what happened and how you handled it, then tap **"Log it"**. In about ten seconds the note is filed into events.
   You'll see: Chips under the note: ✓ for something to credit, ! for a concern (with **"repaired"** when your child reset and came back), ♥ for something they told you, which is never scored. Each chip names the plan target and the daily-score area it touches. Tap × on a chip that isn't right.

2. Tell the whole day: on your child's card the Reflect box asks how their day went. A few lines is enough: meds at 7:40, the argument and how it ended, who helped with what.
   You'll see: It comes back with credit first, the skills your child used, the day as events with one tap to add them all to the parent log, questions for the family therapist, a summary for the family meeting, and **"Fill in the card"** for your items: medication times, blood pressure and the daily-score picks. Untick anything that isn't right before you apply.

3. Blood pressure from a photo: under the blood pressure item tap **"Read from a photo"** and take a picture of the cuff's display, or pick one you took earlier.
   You'll see: The three boxes fill in and the line under them says **"filled in from a photo"**. Check them against the cuff; type over any box that's wrong. The photo is read and thrown away; nothing keeps it, and the app never says whether a reading is high or low.

4. Nothing here is written to the card until you apply it, and your child never sees the parent log or your reflection. The words go to an AI model through our server under your login; it isn't therapy and it never overrides your therapist.

Family meetings

The weekly meeting, recorded once and filed for everyone: what was decided, what each person signed up to, what goes to the therapist, and what is still open for next time.

1. On your child's card tap **"Family meetings →"**. Set the date, then paste the transcript, or tap **"Dictate"** and leave the phone on the table while you meet. Tap **"File the meeting"**.
   You'll see: In a minute or two the record opens: the headline and phase, what your child said, good things first, the decisions, the privileges, anything the meeting left two ways (for the parents to confirm), what is still open, the list for the therapist, wording for the written plan, suggested card changes, and who does what by when.

2. Read it, then tap **"Share with <child>"**. Until then it is parents-only.
   You'll see: Your child sees the decisions, privileges, their own points, good things, open items and actions. They never see the therapist list, the things to confirm, the plan and card suggestions, or the recording.

3. Everyone marks each decision Agree, Disagree or Edit (Disagree and Edit ask for a note). Tap **"Copy the therapist list"** before a session.
   You'll see: Names appear beside each decision with their answer. A vote never changes a decision; it is the conversation for next Sunday.

4. The recording stays under the record for the parents (**"Show the transcript"**) and goes when the record is deleted. The words go to an AI model through our server under your login; it files, it doesn't decide.

The daily score and the plan

The score is the five 0-2 picks added up, posted at night. The Plan screen is where the phase, the privileges, the clocks and the slip rules live, for everyone to read.

1. At night a parent picks the five 0-2 items on the card. When the last one is picked, the color posts itself.
   You'll see: A box at the top of the day: the total out of 10, the color, the plain reason (the picks that were not a 2), what tomorrow's phone minutes are, and who posted it. Your child sees exactly this box.

2. Not sure how the color turns into minutes? Tap **"How the score and the phone minutes work"** under the score box (it is always open on the Plan screen).
   You'll see: The five areas and what 2, 1 and 0 mean; the color bands; that today's color sets tomorrow's minutes, not tonight's; what never changes the score; and that a low day is a conversation, not a phase-down.

3. Tap **"Plan →"** on your child's card. Parents tap **"Edit the plan"**: the phase and its start date, the privileges of each phase, the score bands, the minutes for Green, Yellow and Red, each target's clock (the date it has been clean since, the yes/no items that reset it, and what each milestone unlocks), and what the first, second and third slip means.
   You'll see: The plan as everyone reads it: the phase with its day number, the privileges, the clocks with the next milestone's date, and the slip rules. A **"no"** on a target's item moves its clean-since date by itself.

4. Your child, on their own Plan screen, can tap into **"Propose changes"**, write their version of the plan or just the part they want changed, and tap **"Send to my parents"**.
   You'll see: A minute later it shows on your Plan screen under **"<child>'s proposals"**, one line per change: the part of the plan, what it says now, what they want, and why in their words. Answer each line Accept, Edit (with what it should say instead) or Decline, with a note they will read, then tap **"Apply ... to the plan and finish"**. Accepted lines that fit a field of the plan go in with that tap; nothing changes until you do.

5. On Sunday, open Family meetings and tap **"Agenda for the next meeting"**.
   You'll see: The week since the last meeting, added up: good things first, the numbers, the clocks, the last meeting's actions and open items, your child's My side notes, and blanks for this week's decisions. Print it, meet, then record the meeting so next week carries it forward.

The feelings wheel

A **“feeling word”** item on the card is answered off a wheel: seven colors, then the finer words. One word saves, so it reads the same in the week table, the report and the Sunday agenda.

1. On the card, find the feeling-word item (on a family plan, **“One feeling word, morning”** and **“evening”**). Tap the color closest to how you feel: Happy, Sad, Angry, Fearful, Surprised, Disgusted or Bad.
   You'll see: The wheel dims the other colors and the words for that color appear as chips underneath, the color itself first.

2. Tap the word that fits best. Want to be more exact? Two finer words appear under it; tap one of those.
   You'll see: The word shows in the middle of the wheel and is saved. Tapping the lit finer word again steps back to the word above it.

3. Nothing on the wheel fits? Type your own word in the box under the wheel and press Enter. **“Clear”** empties it.
   You'll see: Your word saves as typed. Open the wheel again any time to change it.

4. Parents: add a feeling-word item to any card under **“Edit the card”** with the scale **“A feeling word (from the feelings wheel)”**. Tell the day and the Sunday agenda both know the wheel: Reflect proposes the word your account supports, and the agenda lists the week’s words day by day.
   You'll see: The item appears on the card with the wheel; the agenda’s **“The week in numbers”** gains a line per feeling-word item.

Keep more than one card

1. One login can keep several cards: your own diary and a card for each child.
2. To switch, tap the **“Viewing”** list at the top and choose a card.
3. To add your own diary alongside a child's card, choose **“ + Add a card...”** and tap **“Me -- my own diary card”**.

See your report, print it, or export it

The report is what you bring to a session. It covers the four weeks ending on the day you're looking at.

1. Above the card, tap **“Report →”**.

2. Scroll to Charts. Every number on the card is drawn over the four weeks: SUDS, sleep, blood pressure (top and bottom on one chart, pulse on its own), medication times, the daily score with its color strip, every yes/no item day by day, and how often each pick, DBT skill and feeling word came up. Hover or tap a day; tap **“As a table”** under any chart for the same figures as a table.
   You'll see: One card per chart, in the app’s violet, with a second color only where two numbers share a chart. Reflections get their own bar chart of the skills named. Print the report and the charts print with it.

3. The first number is how many of the 28 days the card was kept (anything answered). The second is how many days every item was answered.

4. Under **“Was it kept?”**, each square is a day: solid means every item answered, light means some, empty means none. A red edge means something was flagged that day. Tap any square to open that day's card and fill in or fix what's there.

5. **“Flagged for session”** lists everything you marked with ✱, with its date. **“Notes”** shows every note, word for word. Tap a date in either list to open that day.

6. **iPhone or iPad:** To print the report, tap **“Print this report”**, then choose your printer or **“Save to Files”**.

   Android phone: To print the report, tap **“Print this report”**, then choose your printer or **“Save as PDF”**.

   Computer: To print the report, tap **“Print this report”**, then choose your printer or **“Save as PDF”**.

7. For a one-page paper card of the last week, tap **“Week card to print”**, then **“Print”**.
   You'll see: The card's items down the side, seven days across: ✓ yes, ✗ no, ✱ flagged.

8. **iPhone or iPad:** To keep a copy of every answer, tap **“Export this card (CSV)”**. The file lands in the Files app under Downloads.

   Android phone: To keep a copy of every answer, tap **“Export this card (CSV)”**. The file lands in your Downloads.

   Computer: To keep a copy of every answer, tap **“Export this card (CSV)”**. The file lands in your Downloads folder and opens in Excel or Numbers.

Your account and plan

1. Above the card, tap **“Account & plan →”**.
2. **“Trial”** means your free 30 days, with the date they end. No card is asked for and nothing charges on its own.
3. **“Free”** means a founding-household or other free plan, with its end date if it has one.
4. **“Member”** means a paid subscription, with its renewal date.
5. **“Your days”** counts the days this household kept the card in the last four weeks, and the current streak. Days only, never what was written.
6. Every couple of months, members see one question above the card asking whether the tools are helping. Tap an answer, or Skip.
7. **“Read-only”** means the trial or subscription has ended. Everything you wrote is still here to read, print and export, and nothing is ever deleted. To add new answers again, subscribe.
8. If your card is covered by someone else in your family, it says **“Covered by ...'s plan”**. You never need your own.
9. To download everything, tap **“Export everything”**.
10. To leave, tap **“Sign out”** at the top of the card. Your answers stay in your account.

Connected sources: sleep, heart rate, the ring, CPAP

Numbers your phone, your ring or your CPAP already collect can fill items on the card by themselves each morning. Your own device sends them; we never read your phone, your ring account or your CPAP account.

1. Open Account & plan and scroll to **“Connected sources”**. Choose Apple Health, myAir (ResMed CPAP), Oura ring or Something else, pick which card if you keep several, and tap **“Make a key”**.
   You'll see: A long key. Copy it now. Until it has been used once, **“Copy again”** stays next to it in the list, on this phone only; after that nobody can read it back, not even us, so if you lose it, turn it off and make another. Under it, the **“Send to”** address, a link to the set-up steps, and **“What it fills”**.

2. Check **“What it fills”**. Items that look right are already picked (your hours-of-sleep item for CPAP hours, for example). Change any of them, pick **“Add a new item for it”** to put one number on your card, or tap **“Add items for the rest”** to put all the others on in one go. Numbers set to **“Nothing”** are ignored.
   You'll see: The item appears on the card with **“fills in from myAir when it sends”** until the first numbers arrive.

3. Follow the set-up steps: for Apple Health, a Shortcut on your iPhone that runs every morning; for myAir and for the Oura ring, a small script on your computer that can also backfill past nights. All three are at strongestpoint.com/connect/.

4. Next morning, the value is on the card marked **“filled in from Apple Health”** or **“from myAir”**. Change it if it's wrong: what you type wins, and a feed never overwrites something you typed.

5. **“What it fills”** also sits under each key in the list, and under Customize every hours or count item has **“Fill automatically from”**. Same setting, two places.

6. To stop a source, tap **“Turn off”** next to its key. Anything still using that key is refused from then on. A read-only account refuses feeds like any other new answer.

7. Oura ring: the Oura script on your computer signs in to Oura once through your browser (Oura retired its personal access tokens, so you create a free application of your own on Oura's site and give the script its id and secret) and then sends the ring's seven numbers every morning: hours asleep, sleep score, readiness, resting heart rate, HRV, steps and active calories. The first run can bring in up to 400 days. A Shortcut through Apple Health is the no-install alternative, for last night only.
   You'll see: Each number lands marked **“filled in from Oura ring”**, on the morning you woke up. Steps and calories arrive the morning after, once the day is whole. The ring's numbers have their own names, so the ring's sleep can sit beside your CPAP hours or take over your hours-of-sleep item.

Refer a friend

Know a family who could use this? Send them your link. Their free trial is longer when they sign up with it, and when they become a member you get free time too.

1. Under the card, tap **“Refer a friend →”**.
   You'll see: The offer at the top, your own link, and how your invitations are doing.
2. To send it yourself: change the message if you like, then tap **“Copy message”** (or **“Share”** on a phone) and paste it into a text or an email.
   You'll see: The message ends with your link.
3. To have us email them: type their name and email, tick **“I know them”**, and tap **“Send invitation”**.
   You'll see: One email from hello@strongestpoint.com with your first name and your link. It says nothing about your card or your family, and they can opt out with one tap.
4. When your friend opens your link and creates an account, their free trial is longer, and **“Friends who joined”** goes up.
5. When they become a paying member, your reward is added within a few days: a credit on your next bill if you pay by card, or extra free time if you don't. Account & plan shows it.

The weekly check-in during your trial

1. Once a week during the trial, three quick questions come up before the card.
2. Tap **“Yes”**, **“Mostly”** or **“Not really”** for the first question. The other two are optional.
3. Tap **“Continue to my card”**.

   You'll see: Your card opens. The questions won't come back for a week. Your answers go only to the person who makes Strongest Point.

Put it on your phone

There's no App Store or Play Store listing yet. You add it from the browser, and it works like any other app: its own icon, full screen.

1. **iPhone or iPad:** Open Safari (it has to be Safari; in Chrome the option isn't there) and go to strongestpoint.com/app/. Signed in, tap **“Add to phone”** at the top for a pop-up with these steps; in Chrome it offers **“Open in Safari”**.

   Android phone: Open Chrome and go to strongestpoint.com/app/.

   Computer: In Chrome or Edge, go to strongestpoint.com/app/ and look for a small install icon at the right end of the address bar. Click it and choose **“Install”**. Or simply bookmark the page.

2. **iPhone or iPad:** Tap the Share button at the bottom (the square with an arrow pointing up).

   Android phone: Sign in, then tap **“Add to phone”** at the top. Chrome asks whether to install; tap **“Install”** and you're done.

3. **iPhone or iPad:** Scroll down the list and tap **“Add to Home Screen”**. Not in the list? You're probably in a browser inside another app (Messages, Mail, Facebook) or a Private tab: tap the Safari compass icon in the bottom right to open the real Safari, then try again.

   Android phone: If Chrome doesn't ask: tap the ⋮ menu in the top right, then **“Add to Home screen”** or **“Install app”**, and confirm.

4. **iPhone or iPad:** Tap **“Add”** in the top right.
   You'll see: The icon is on your home screen. It says only **“Strongest Point”**, nothing about a diagnosis.

5. Everything is saved to your account the moment you enter it. The icon is just a faster way back in; using it in the browser works exactly the same.

6. Pull down from the top of Today or the card and let go to reload the day. A connected source that sent since you opened the app shows up straight away. On a computer, reload the page instead.

Getting the most out of it

What makes the card useful in treatment, from families who keep one.

1. Fill it in at the same time each day, usually the evening. A daily habit beats a perfect card.
2. Rate the strongest point of the day, not the average. If the urge peaked at a 7, write 7.
3. A missed day is just a missed day. Fill it in from memory if you can, or leave it; the report shows gaps honestly, and that's useful too.
4. Use ✱ for anything you want to bring up in session, even if it feels small. That's the list your therapist will look at first.
5. Write notes in your own words. One sentence about what happened is worth more than a careful essay.
6. Bring the report to your session: open **“Report →”** on your phone, or print it. It answers **“how were the last four weeks?”** before anyone has to remember.
7. For a child's card, agree as a family on who answers what and when, and let the card show who entered each answer. It stays a plan, not a scorecard.
8. Keep the card the same for a while. When the plan changes, that's the time to change the card, and the report will show the change.

If something isn't working

1. **“Not saved”** at the bottom: you've lost signal. Wait, then tap the answer again. Nothing else is lost.
2. Gray shimmering blocks where the card should be: it is still loading. Give it a few seconds; on a slow signal, pull down to try again.
3. The card looks old or won't open: close the app fully and open it again. On a computer, reload the page.
4. Something still wrong: tap **“Sign out”**, then sign in again.
5. Write to hello@strongestpoint.com with what you tapped and what you saw. A picture of the screen helps.
6. In an emergency, don't wait on this app: tap **“Crisis help”**, call 911, or call or text 988.

Questions, or a step that doesn't match what you see? Write to hello@strongestpoint.com and say which step. Updated 2026-10-27.