Had Water Quick Guide

A simple guide to logging drinks and sharing a daily summary.

Had Water helps you keep a simple record of what you drink during the day.

You can log drinks quickly, check your daily total, review your recent history, and, if you choose, share a calm daily summary with someone you trust.

You do not need to create an account or password.



For the person logging drinks and for trusted helpers.

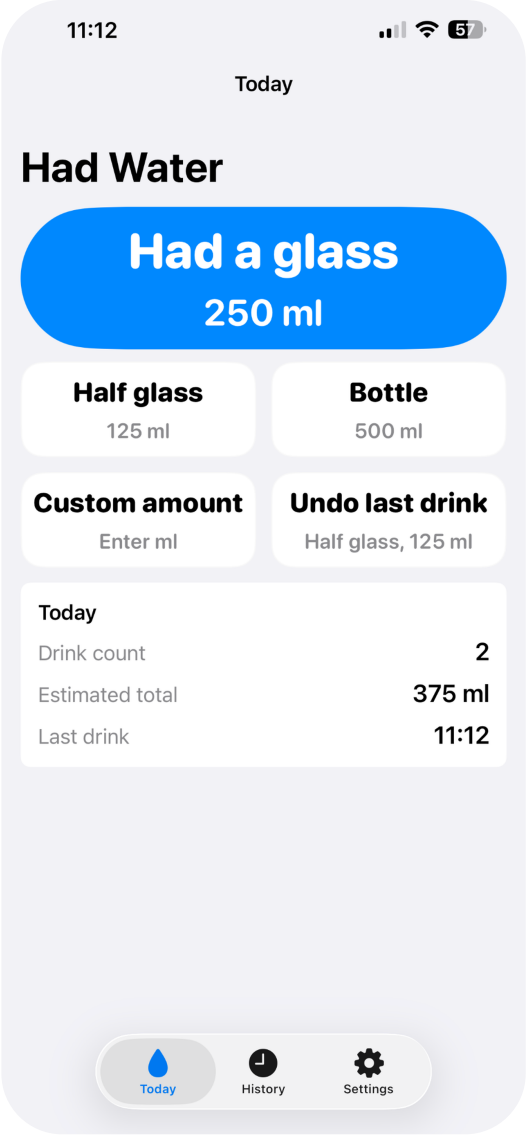
FOR THE PERSON LOGGING DRINKS

1. Log a drink

Open the Today screen and tap the button that matches what you had.

- Had a glass
- Half glass
- Bottle
- Custom amount

Your total updates straight away. If you make a mistake, use Undo last drink.



Today screen

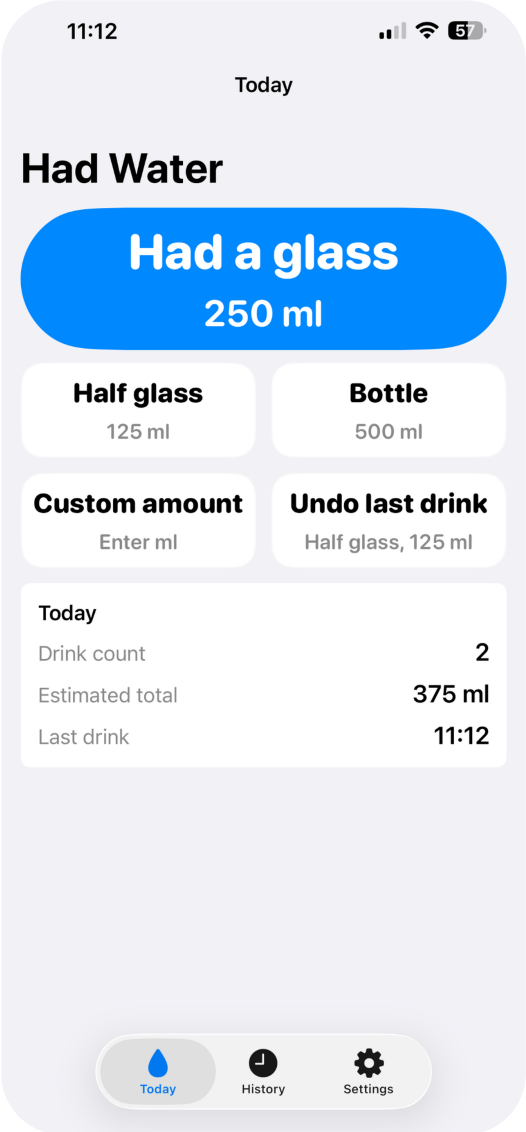
FOR THE PERSON LOGGING DRINKS

2. Check today at a glance

The Today panel gives you a quick overview of the day.

- Drink count
- Estimated total
- Time of the last drink

> Had Water is a record of what you logged. It does not tell you how much you should drink.



Today summary

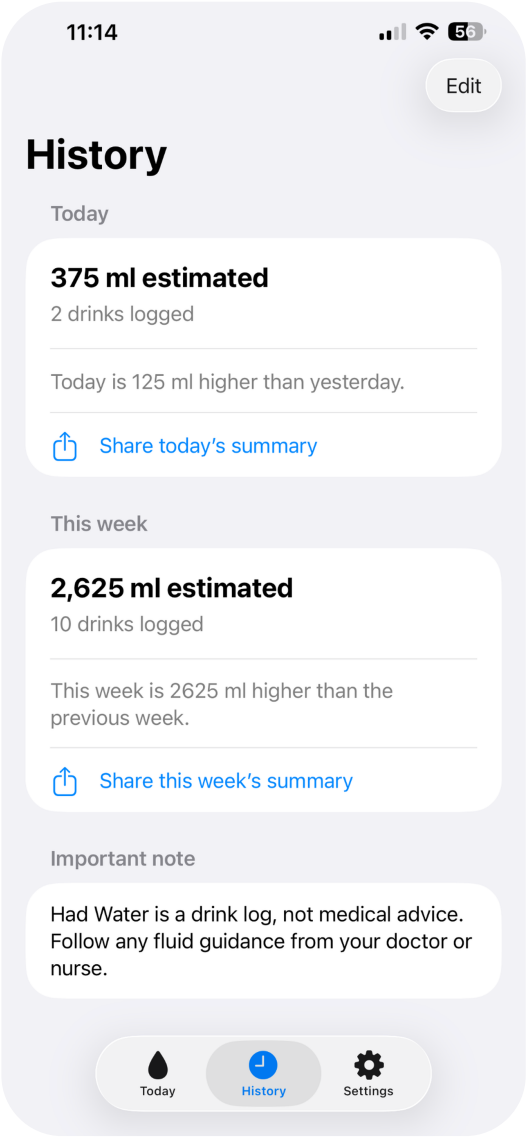
FOR THE PERSON LOGGING DRINKS

3. Review your history

Open History to see a simple summary of recent activity.

- Today’s summary
- This week’s summary
- Simple comparisons with earlier totals

You can also share a Today or This Week summary using the share button.



History screen

FOR THE PERSON LOGGING DRINKS

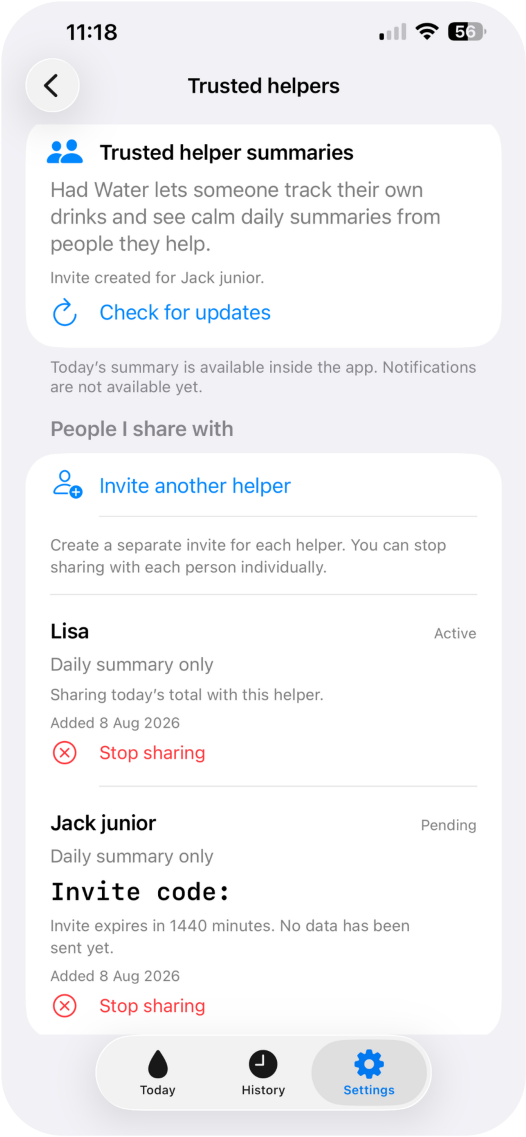
4. Share with a trusted helper

Sharing is optional. You decide whether to use it.

Open Settings, then Trusted helpers, and create an invite for someone you trust.

- Each invite is for one helper
- You can invite more than one helper
- A helper can also connect to more than one person

> The invite code is short-lived. Share it privately with the person you want to invite.



Trusted helpers - invite code hidden in this public guide

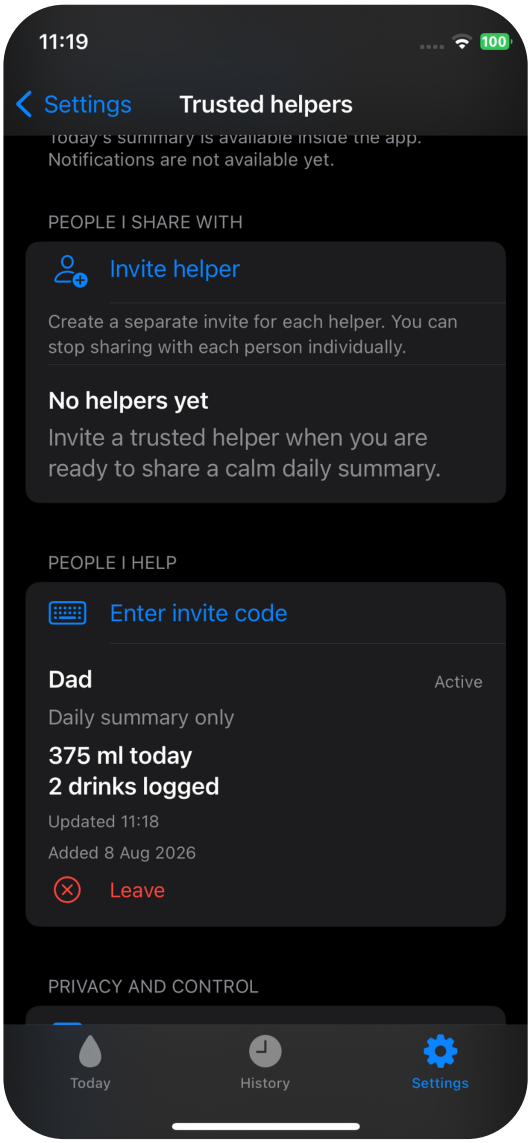
FOR THE PERSON LOGGING DRINKS

5. What a helper can see

A trusted helper receives a calm daily summary only.

- Today’s total
- Number of drinks logged
- Last update time

Helpers do not see individual drink entries or your full drink history.



Example helper view

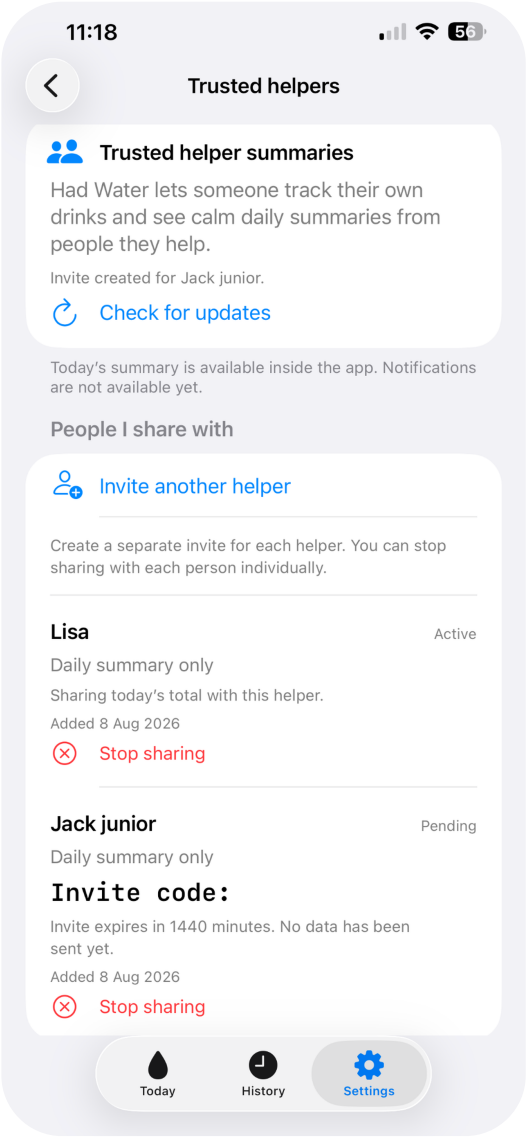
FOR THE PERSON LOGGING DRINKS

6. Stay in control

You can stop sharing whenever you want.

- Stop sharing with one helper without affecting other helpers
- Remove a pending invite
- Use Delete online data in Settings to remove this device's online sharing data

Deleting online data does not delete the drink history stored locally on your device.



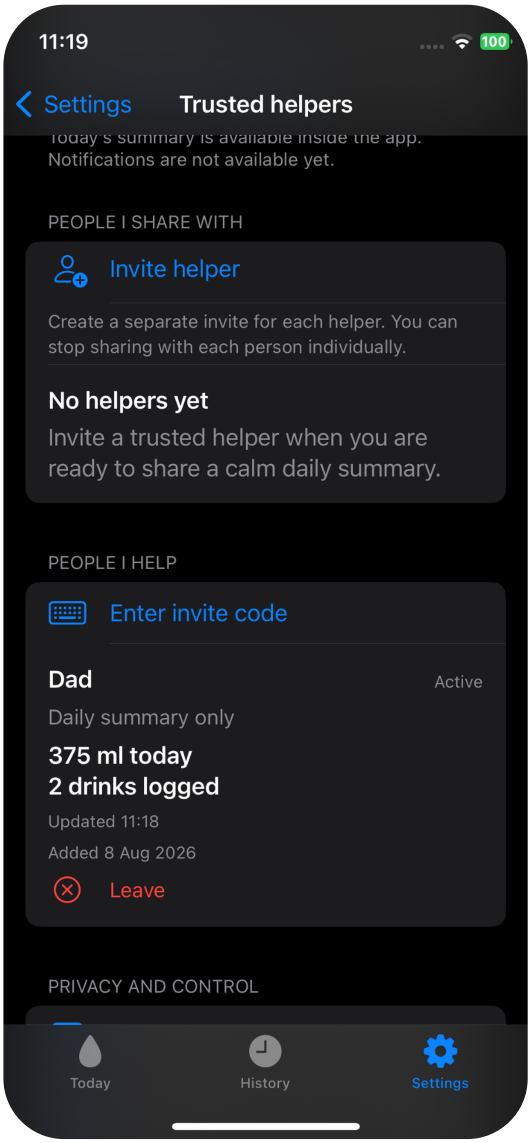
Sharing controls

TRUSTED HELPER QUICK GUIDE

Trusted Helper Quick Guide

How to connect and read a simple daily summary from someone you help.

A trusted helper can check a daily summary without seeing individual drink entries.



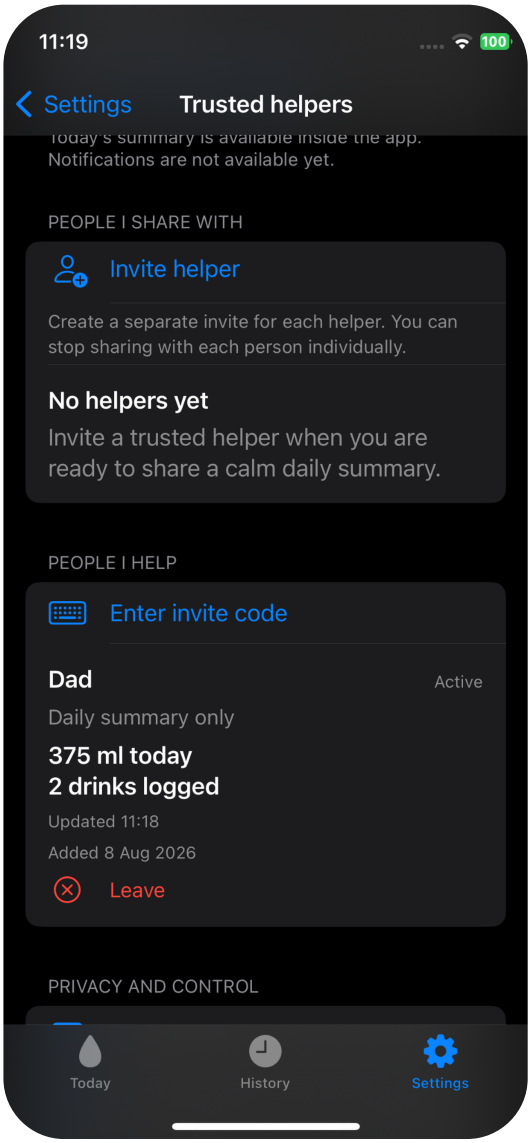
FOR TRUSTED HELPERS

1. Connect with an invite code

Open Trusted helpers and tap Enter invite code.

Type the code shared with you, then accept the connection.

> Once connected, the person will appear under People I help.



Trusted helper screen

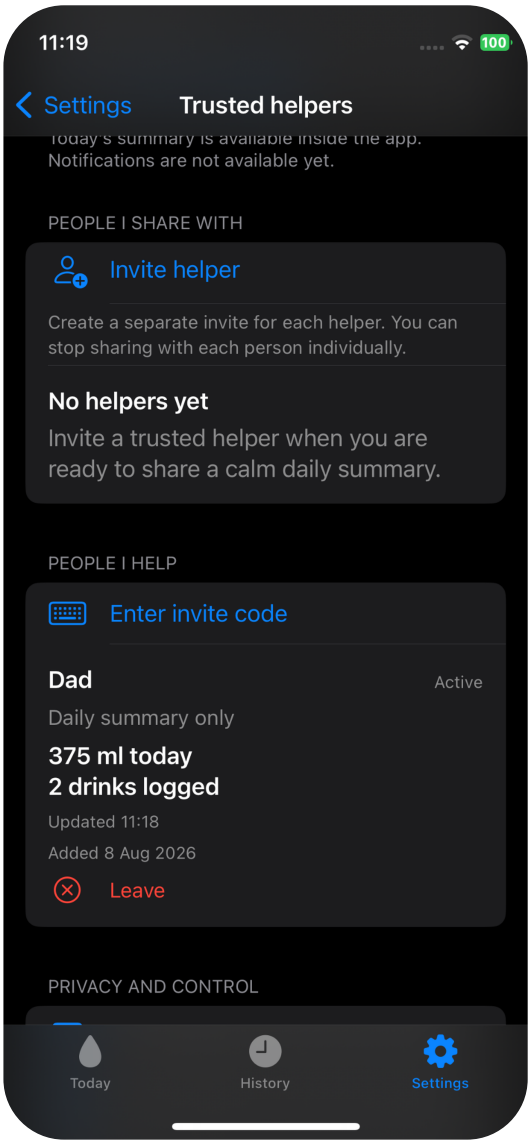
FOR TRUSTED HELPERS

2. Read the daily summary

The summary is designed to be quick and easy to understand.

- Today’s total
- Number of drinks logged
- Last update time

This is a summary only. It is not live drink-by-drink monitoring and it does not provide medical alerts.



Daily summary shown to a helper

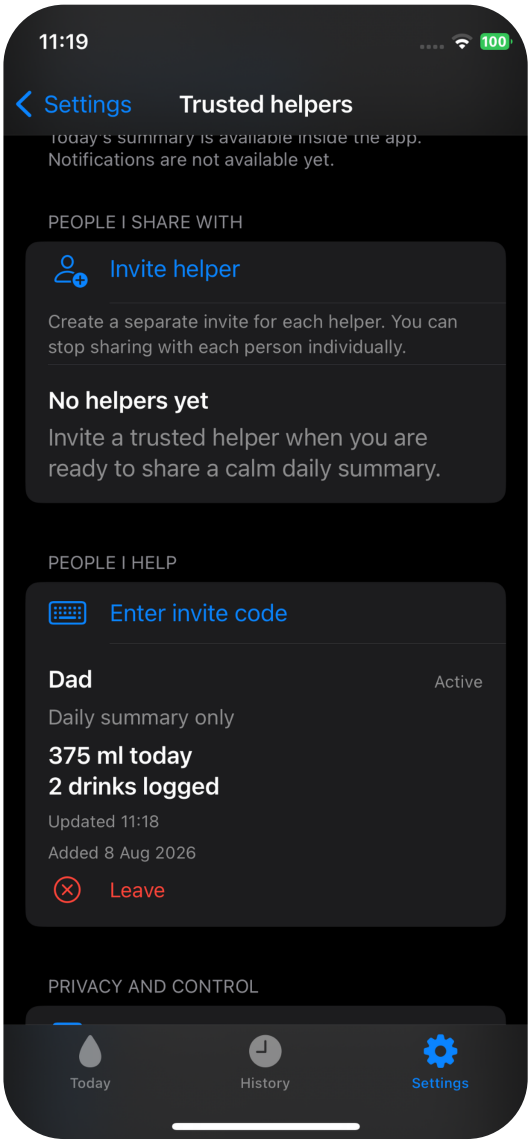
FOR TRUSTED HELPERS

3. Leave at any time

Tap Leave if you no longer want to be connected.

The person sharing can also stop sharing at any time.

Had Water is designed for calm check-ins, not constant monitoring.



Leave control

IMPORTANT INFORMATION

Important information

Had Water is a simple drink log.

It is not a medical device and does not provide medical advice, diagnosis, treatment, health warnings, or emergency monitoring.

If you need medical guidance, follow advice from a doctor or nurse.

Support: khedara.appsupport@gmail.com

Privacy: https://khedara-appsupport.github.io/HadWater-Support/privacy.html