DAYROBIN · V0.2.34

User manual

Everything about DayRobin, step by step. At best you never need it: if something in the app is not clear, tell us, and we will make it clearer.

This manual online: **dayrobin.avl-app.workers.dev/manual/?lang=en**

CONTENTS

1 What DayRobin is
Two roles

2 Getting started
Open and install, First setup, Moving to a new phone or tablet

3 The two screens and the lock
The helper area, The routine screen, Back to the helper area: the lock

4 Writing the day
Plan lines, Start from a sample, When a line is wrong, Coming up: a day that is coming

5 Pictures, sentences and voice
Change a picture, Change the spoken sentence, Record your own voice, Fixed time

6 More plans
New plan, copy, switch, Record a routine

7 Running the routine
Start, A step, Between steps, Reminders and "Time is up", A late start, Practice, End of the day

8 Today: fixes for today only

9 How to start with the user

10 Settings
Language, name and PIN, Voice and speed, Praise in your own voice, Reminders, sounds, calm mode, Alarms when the app is closed, Keep the screen on, Keep the user in the app

11 Backup: save and load
Save a backup, Load a backup

12 Updates

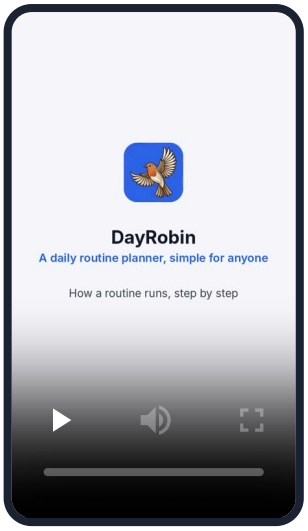
13 Help and problems
Help in the app, Phone check, Report a problem or an idea, Ask your AI assistant, Your data, Erase everything or uninstall

14 Known limits

1

What DayRobin is

DayRobin is a free daily routine planner for phones and tablets. It is made for autistic children and young adults, people with intellectual disabilities, and the parents and carers who help them.



Demo video, 2 min 24 s. It also shows AI drawing a picture: that is not in this version.

Two roles

- The **helper** (a parent, carer or teacher) writes the day as short lines, like `07:10-07:20 Brush teeth`.
- The **user** follows the day on the routine screen, one step at a time: a big picture, a time bar, a spoken sentence, and praise at the end.

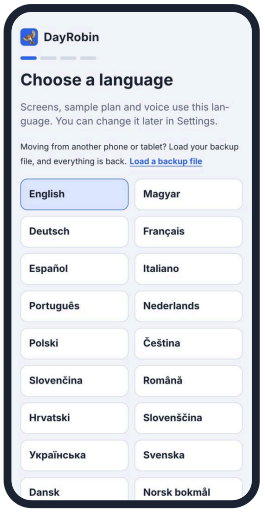
DayRobin needs no account. Plans, pictures and recordings stay on the device. It is a routine planner, not a medical product and not therapy.

2

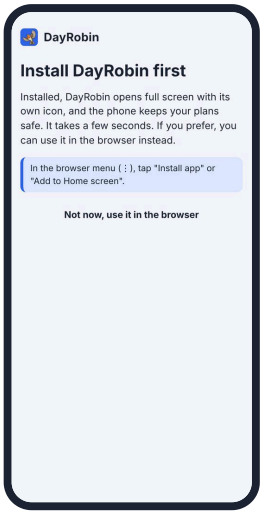
Getting started

Open and install

1. Open **dayrobin.avl-app.workers.dev** on the phone or tablet: Chrome on Android, Safari on iPhone and iPad. On a computer, Chrome or Edge.
2. Choose a language. A language marked "no voice on this device" still works with your own recordings.
3. DayRobin asks you to install it first. Tap **Install DayRobin**. On iPhone and iPad: tap Share, then **Add to Home Screen**.
4. Wait a few seconds while it says "Installing DayRobin...". When the install is done, tap **Open DayRobin**, or open it with the robin icon on your home screen. From then on, always use the icon.



First screen: choose a language



Install first

TIP

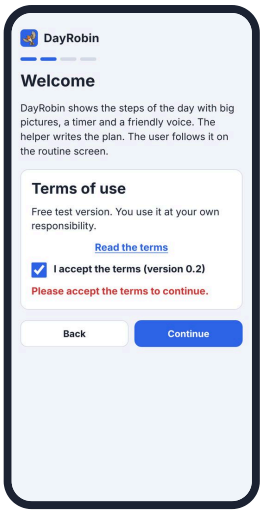
Installed, DayRobin opens full screen, works without internet, and the phone keeps your plans safe. **Not now, use it in the browser** also works, but the browser may delete your plans when the phone is low on space.

GOOD TO KNOW

If a browser tab is still open after the install, it says **DayRobin is open in the app** and stays quiet, so sounds come only once. You can close that tab.

First setup

1. Tick **I accept the terms** and tap **Continue**.
2. First name (optional): the voice uses it, like "Anna, next step: Brush teeth."
3. Helper PIN (optional): 4 digits. Without a PIN, the app asks a simple sum before the helper area opens.
4. The helper area opens with an example day. Change it, or write your own (see Writing the day).



Terms

Moving to a new phone or tablet

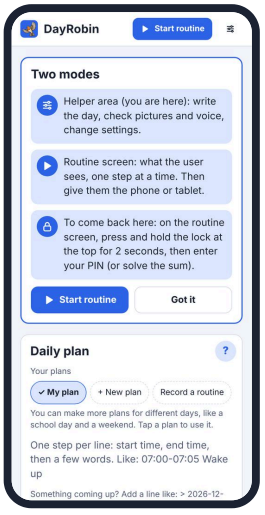
On the very first screen, tap **Load a backup file** and pick your backup. Everything comes back: plans, pictures, recordings and settings. See Backup.

3

The two screens and the lock

The helper area

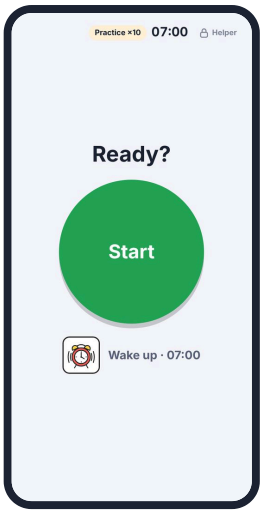
This is where you write the day, check pictures and voices, and open Settings (the ☰ button at the top right). **How do the two modes work?** explains it in the app too.



The helper area

The routine screen

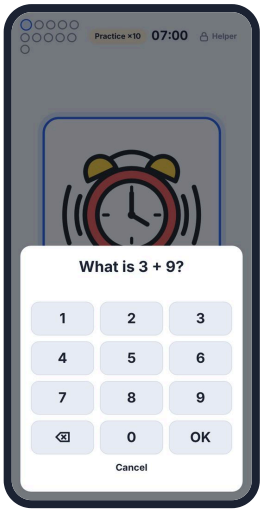
This is what the user sees: one step at a time. Tap **Start routine** in the top bar, then give the phone or tablet to the user.



The routine screen

Back to the helper area: the lock

On the routine screen, **press and hold the lock** at the top right for 2 seconds. Then type the PIN, or answer the sum. A short tap does nothing, so the user does not leave the routine by accident.



PIN or a sum

4

Writing the day

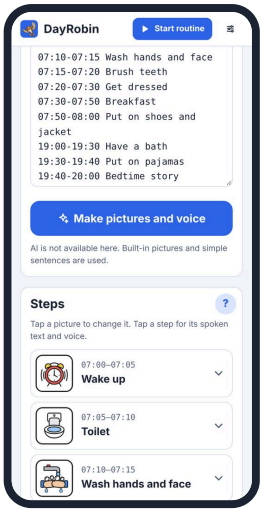
Plan lines

Write one step per line: start time, end time, then a few words.

```
07:00-07:05 Wake up
07:05-07:15 Toilet
07:15-07:20 Brush teeth
```

Then tap **Make pictures and voice**. Every step gets a picture and a few friendly sentences.

- Leave free time empty: no line is needed. The routine screen shows an empty space there.
- A step cannot go past midnight.



The plan and its steps

Start from a sample

Tap **Example day**, or in Settings **Start from a sample**: Morning, Evening, School day, Weekend, Young adult's day. The app asks before it replaces your plan.

When a line is wrong

A red message names the line and the problem: the time is missing, a time does not exist (like 25:00), or the end is before the start. A line that starts before the step above ends gets a warning.

Coming up: a day that is coming

A line that starts with > shows a day that is coming, so it is no surprise:

```
> 2026-12-24 12:00 Grandma comes for lunch
```

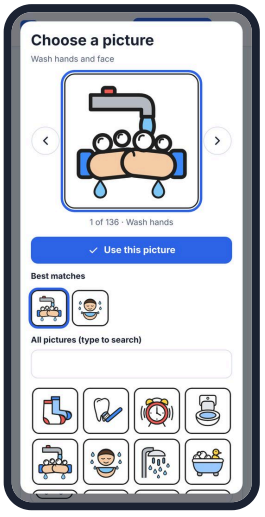
- Write the date as year-month-day. The time is optional.
- It is not a step: no alarm, no start or done, no star.
- It shows on a calm **Coming up** card after the last step of the day, and in the helper area.
- Settings > **Coming up**: how many days ahead the user sees it (1 to 30, 14 at first).

5

Pictures, sentences and voice

Change a picture

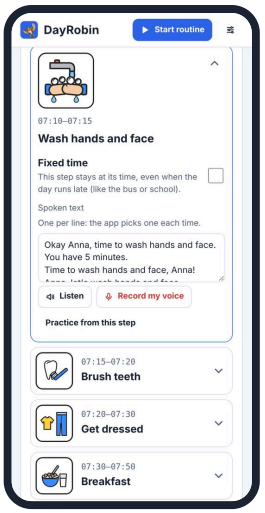
Tap a step's picture. **Choose a picture** shows the **Best matches** first, then all pictures; type a word to search. **Use my own picture** takes a photo or an image file.



Choose a picture

Change the spoken sentence

Tap a step's row. Under **Spoken text**, write one sentence per line: the app picks one each time, so it does not sound the same every day. **Listen** plays it.



A step, opened

Record your own voice

Open a step's row, tap **Record my voice**, speak, then **Stop recording**. **Play my voice** plays it back; **Delete my voice** removes it. The phone asks once for the microphone. Recording works in the installed app.

> **TIP**
>
> Many users listen better to a familiar voice. You can also record the praise: see Praise in your own voice.

Fixed time

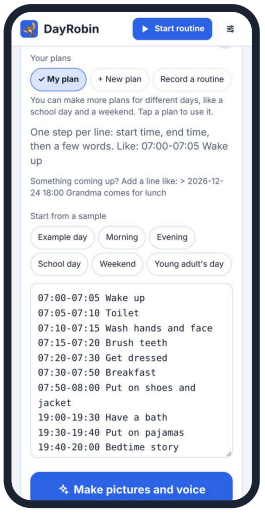
Open a step's row and switch on **Fixed time** for steps that cannot move, like the school bus. When the day runs late, the steps before it get shorter or are missed, but this step still comes at its time.

6

More plans

New plan, copy, switch

Under **Your plans**: tap **+ New plan**, give it a name, then **Start empty** or copy the plan in use. Tap a plan to use it. **Rename** and **Delete this plan** are there too. Each plan keeps its own steps, pictures and recordings.



Your plans

GOOD TO KNOW

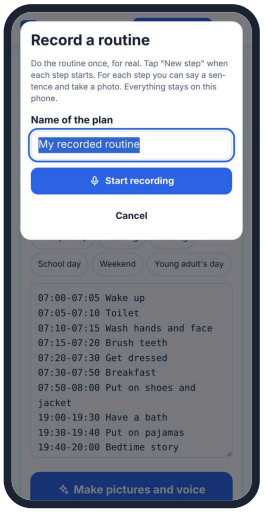
DayRobin does not switch plans by weekday yet. Tap the plan you need, like "School day" or "Weekend".

Record a routine

Do the routine once, for real, and let DayRobin write the plan:

1. Tap **Record a routine**, give it a name, then **Start recording**.
2. When a step starts, tap **New step**. If you like, tap **Say the sentence** or **Take a photo**.
3. A pause? Tap **Break**: that time stays empty. Then **Break over: new step**.
4. At the end tap **Finish**, type a short name for each step, check **The routine starts at**, then **Make the plan**.

Steps shorter than 1 minute become 1 minute. The screen stays on while you record.



Record a routine

7

Running the routine

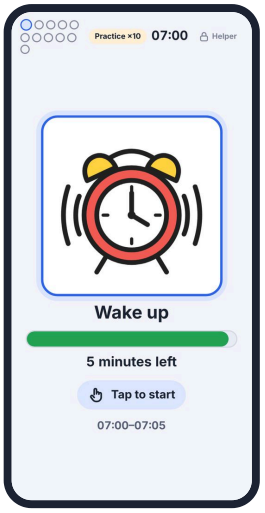
Start

Tap **Start routine**. The **Ready?** screen shows the first step; tap **Start**. Keep the routine screen open: the screen stays on, and each step starts with a sound and the voice.

A step

At the step's time, a soft chime plays, the picture shows, and the voice says the step.

1. The user taps the picture: **Tap to start**.
2. The time bar shows how much time is left.
3. When it is done: **Tap when done**. Praise and a star follow.



A step

Between steps

The day view shows the steps done, the next step with **Starts in**, and two more. The next step can be started up to 15 minutes early.

Reminders and "Time is up"

A gentle reminder comes when a step has not started after a minute, and again 2 minutes before its end. Then **Time is up**. A started step is never cut off: the next steps move later (but not a fixed-time step). Switch reminders off in Settings: **Gentle reminders**.

A late start

If you start when some steps' time has passed, the app asks: start **from the beginning**, or **Skip to** the step that fits now.

Practice

Practice now runs the plan from the first step, starting now. **Fast practice (10× speed)** runs it ten times faster. A **Practice** label shows at the top.

End of the day

After the last step: **All done for today!** and the end-of-day praise. If a day is coming up, a calm card shows it.

8

Today: fixes for today only

After a routine ran today, the helper area shows **Today**: each step done (with its time), missed, now, next or skipped. Each step has one fix for today only: **Not done**, **Do it now**, **Skip today**, and **Undo**. Tomorrow starts fresh.

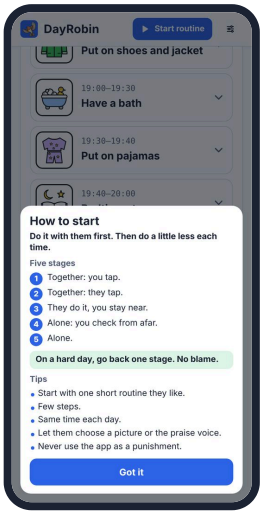
9

How to start with the user

The **How to start** link at the bottom of the helper area opens a short card. It also shows once after you save your first plan.

1. Together: you tap.
2. Together: they tap.
3. They do it, you stay near.
4. Alone: you check from afar.
5. Alone.

On a hard day, go back one stage. No blame. Tips: start with one short routine they like; few steps; the same time each day; let them choose a picture or the praise voice; never use the app as a punishment.

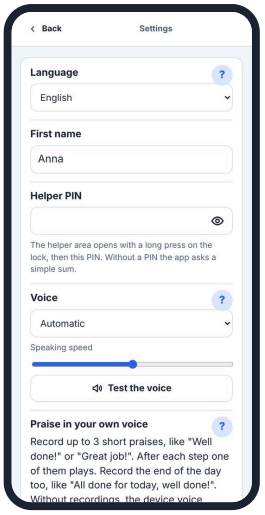


How to start

10

Settings

Open Settings with the ☰ button at the top right of the helper area. Go back with **Back**. The **?** next to an item opens its part of this manual.



Settings

Language, name and PIN

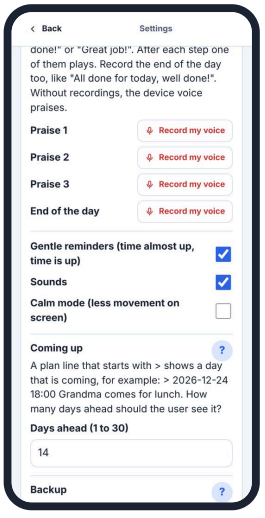
Language changes every screen and the voice. **First name** is used in the spoken sentences. **Helper PIN** shows as dots; the eye button shows it for 5 seconds.

Voice and speed

Voice: **Automatic**, or pick one of the phone's voices. **Speaking speed** makes it slower or faster. **Test the voice** lets you hear it.

Praise in your own voice

Record up to 3 short praises, like "Well done!", and one for **End of the day**. After each step one of them plays, never the same twice in a row. Without them, the phone's voice praises.



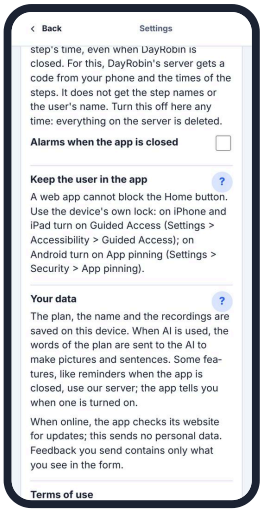
Praise in your own voice

Reminders, sounds, calm mode

Gentle reminders switches reminders on or off. **Sounds** switches the chimes. **Calm mode** means less movement on the screen.

Alarms when the app is closed

Switch on **Alarms when the app is closed** to get a notification with a sound at each step's time, even when DayRobin is closed. Tap it, and DayRobin opens on that step. On iPhone and iPad this works only for the app on the Home Screen.
For this, DayRobin's server gets a code from your phone and the times of the steps; it does not get the step names or the user's name. Switch it off any time: everything on the server is deleted.



Alarms when the app is closed

Keep the screen on

Leave the routine screen open: the screen stays on, and each step starts with a sound and the voice.

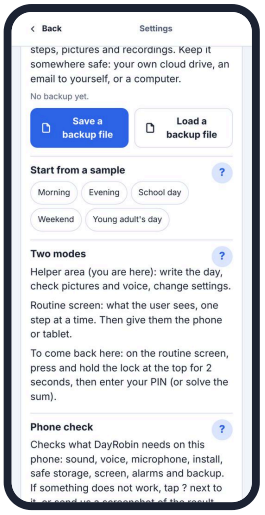
Keep the user in the app

A web app cannot block the Home button. Use the device's own lock: on iPhone and iPad, Guided Access (Settings > Accessibility > Guided Access); on Android, App pinning (in the security settings).

11

Backup: save and load

One file with everything: settings, every plan, pictures, recordings and praise. Keep it somewhere safe, like your own cloud storage or e-mail to yourself.



Backup

Save a backup

1. Settings > **Backup** > **Save a backup file**.
2. Optional: **Protect with a password (optional)**. The app does not keep the password: without it, the backup cannot be opened.
3. The phone asks where to save it: Drive, Files or Downloads. The file is called `dayrobin-backup-` and the date.

Settings then shows **Last backup**. After you change the plan, the app may ask: **You changed the plan. Save a backup now?**

Load a backup

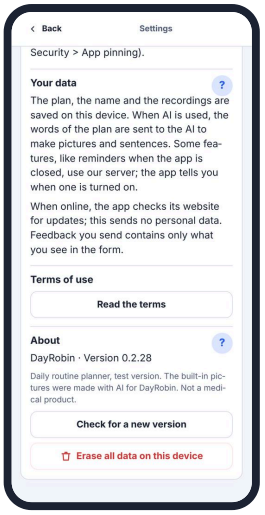
Settings > **Load a backup file**, pick the file, and confirm: it replaces everything on this device. On a new device, use the first screen (see Moving to a new phone).

Backups work between Android, iPhone and computers, and backups from older versions of DayRobin load too. A recording that a device cannot play is read by the device's voice instead; you can record it again.

12

Updates

DayRobin looks for a new version when it starts and every hour. When **A new version of DayRobin is ready.** shows, tap **Restart now**. To look at once: Settings > **About** > **Check for a new version**. Your plans, pictures and recordings stay.



About and updates

13

Help and problems

Help in the app

A small **?** next to a part of the helper area or of Settings opens this manual at the matching topic, in Hungarian or English. **User manual**, at the bottom of the helper area and in Settings, opens the whole manual. It opens in the browser and needs the internet.

Phone check

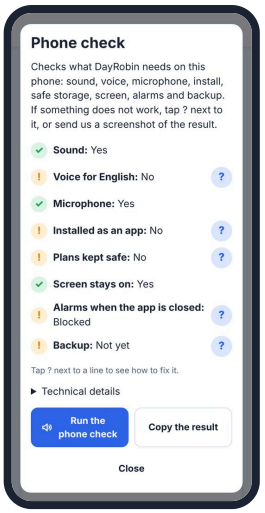
Settings > **Phone check** > **Run the phone check** lists what DayRobin needs on this phone, one line each:

- sound, the voice for your language, the microphone;
- installed as an app, plans kept safe, the screen stays on;
- alarms when the app is closed (if DayRobin offers them), and your last backup.

A line that is not OK has a **?**: tap it to see how to fix it. **Copy the result** copies the list and the technical details, to send with a report.

If the phone does not speak:

- **Android**: Settings > System (Samsung: General management) > Languages and input > Text-to-speech output. Choose Google's engine and download the voice for your language. Samsung's own engine has no Hungarian.
- **iPhone, iPad**: Settings > Accessibility > Spoken Content > Voices: download a voice for your language.
- Or record your own voice for each step.



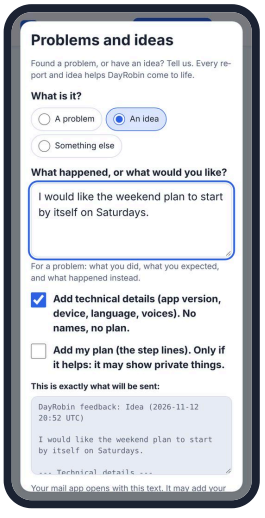
Phone check

Report a problem or an idea

At the bottom of the helper area: **Report a problem or an idea** (or Settings > **Problems and ideas**).

1. Choose **A problem**, **An idea** or **Something else**, and write what happened.
2. Check **This is exactly what will be sent:**, then **Send by e-mail**.
3. Your mail app opens with the text. Add a screenshot if it helps, and delete your signature if you like. Send.

A reply with a ticket number comes by e-mail. No mail app? Use **Copy** or **Save as file**.



Report a problem or an idea

Ask your AI assistant

Download the **AI knowledge base** of this manual (a text file, `.md`), attach it to a question in your AI assistant (ChatGPT, Claude, Gemini or another), and ask in your own words. Ask it to give the link of the manual section it used: each section has one.

> **IMPORTANT**
> Do not share names, health details or private information with an AI tool.

Your data

Plans, names, pictures and recordings are kept on this device. Only these leave it: the update check (no personal data), what you send in a report, and, only when switched on, the alarm code and step times.

Erase everything or uninstall

Save a backup first if you want to keep your plans. Then Settings > **About** > **Erase all data on this device** > **Erase**. To remove the app: hold the DayRobin icon, then Uninstall (Android) or Remove App (iPhone).

14

Known limits

- The app cannot block the Home button: use Guided Access or App pinning (see here).
- Alarms with DayRobin closed need the switch in Settings, and on iPhone the Home Screen app.
- A step cannot go past midnight. Plans do not switch by weekday by themselves yet.
- AI drawing of new pictures is not in this version.
- 20 of the 22 languages are machine translations; English and Hungarian were written with care.
