

Two small journals that stay yours.

No account to make, nothing sent to us. Your words stay on your own device.

Stays on your device

Free

No account

FOR STUDENTS • UNDER 16

Day's End

A gentle end-of-day check-in on how school felt.

FOR 16+ & PARENTS/CARERS

Throughline

A private record you can keep over time.

Getting started

The same for both journals.

1

Open it

From the R8rly.org page, or open the file you downloaded.

2

Start writing

Each entry saves automatically on your device.

3

Keep it handy

Phone: "Add to Home Screen". Computer: bookmark it. Or use "Download to keep".

Good to know: entries live in the browser you used. Switching browser or device? Use Export and Import backup, below.

Using each journal

What each one does, at a glance.

Day's End

- ☐ Tap a mood face, answer the quick questions, and write what was good or hard.
- ☐ Tap **Save today**.
- ☐ A grown-up can open **Grown-up view** to see patterns over time. It can have a simple PIN.

Someone to talk to is always at the bottom. Tap it any time for help lines in your country. It never saves anything.

Throughline

- ☐ Choose a profile, fill in the entry, and tap **Save**.
- ☐ **Export summary** gives you a plain text record to keep or print.
- ☐ Several children can roll up into one view.

Optional: a copy in your own Google Sheet

1. Open **Data & backup** → **Connect Google Sheet**.
2. Sign in to your own Google account and approve.
3. Pick **Use a new sheet** or **Choose existing sheet**.

Entries go into a tab called "Throughline" in your sheet, and nowhere else. Turn on Auto-sync to keep it current. Disconnect any time.

Keeping your entries safe

Everything lives on your device, so take a backup now and then.



SIMPLEST

Email my backup

Saves the file and opens an email to yourself. Attach it and send.



Export backup

Saves a .json file to keep in a folder, Drive, iCloud or Dropbox.



Import backup

Loads a saved file back — new phone, new browser, or after clearing data.

Moving to a new device:

Open your backup email



Download the file



Open the journal



Import backup

Your privacy

Short version: we hold nothing.

On your device

Entries are stored only in your browser.

Never with us

R8rly never receives or holds what you write.

Your Google, if you choose

Throughline's sync goes to your own account, still never to us.

A personal reflection tool — not a counselling, crisis, medical or reporting service. If you need help, use "Someone to talk to" in Day's End, talk to someone you trust, or call your local emergency number.

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