

# Setting Up Reminders

GD SugarLog can send you daily notifications to remind you when it's time to log your next reading. You'll never miss a fasting entry or a post-meal check again.

■ Reminders work best when they're close to your actual meal times. Adjust the times to match your daily routine for the most helpful nudges.

## How to Enable Reminders

1

### Open Profile

Tap the Profile tab at the bottom of the screen.

2

### Open Reminders

Scroll down and tap Reminders to expand the section.

3

### Allow Notifications

The first time you enable reminders, your device will ask for permission. Tap Allow. Without this, no reminders can be sent.

4

### Toggle Reminders On

Tap the Enable reminders toggle to the On position.

5

### Adjust Reminder Times

Tap any reminder's time to change it. Set each to match when you typically log your readings.

6

### Save

Tap Save Profile at the bottom to confirm your settings.

## Reminder Modes

**Scheduled reminders** — fixed daily times for Fasting, Post-Breakfast, Post-Lunch, Post-Dinner. You set the time, they fire every day.

**Catchall reminder** — a single daily reminder that fires if you haven't logged anything yet that day. Good for users who prefer one nudge instead of multiple.

**Smart (meal-triggered) reminders** — when you save a meal entry, the app automatically schedules a reminder 1 or 2 hours later (your choice). When you log the corresponding reading, the reminder cancels itself automatically.

## Notification Sounds

You can choose from 6 custom notification sounds in Profile → Reminders → Sound Alert. Tap any sound to preview it before saving. Note: the backup reminder is intentionally silent.

## Master Switch

Turning off the Enable reminders master switch cancels all pending reminders — including any smart (meal-triggered) ones that were scheduled for that day.

GD SugarLog is a personal tracking tool and is not a substitute for medical advice.

### ■ Android only — getting reminders to work reliably

Android may pause background apps to save battery, which can prevent reminders from firing on time. The fix is a one-time setting. iPhone and iPad users can skip this section.

#### Samsung (OneUI)

1. Open **Settings**
2. Tap **Battery**
3. Tap **Background usage limits**
4. Tap **Never sleeping apps**
5. Tap + and add **GD SugarLog**

■ This does not drain your battery — it only allows scheduled reminders to fire on time.

#### Google Pixel

1. Open **Settings**
2. Tap **Apps**
3. Find and tap **GD SugarLog**
4. Tap **Battery**
5. Select **Unrestricted**

■ Unrestricted lets reminders fire even when your phone is in Doze mode.

**Motorola**

1. Open **Settings**
2. Tap **Battery**
3. Tap **Battery optimization**
4. Tap **All apps**, find **GD SugarLog**
5. Select **Don't optimize**

**Xiaomi / Redmi / POCO (MIUI / HyperOS)****Step 1 — Allow autostart**

1. Open **Settings**
2. Tap **Apps** → **Manage apps**
3. Find **GD SugarLog**
4. Turn on **Autostart**

**Step 2 — Battery saver**

5. From the same screen, tap **Battery saver**
6. Select **No restrictions**

**OnePlus / OPPO / Realme**

1. Open **Settings**
2. Tap **Battery**
3. Tap **Battery optimization**
4. Find **GD SugarLog**, tap it
5. Select **Don't optimize**

■ Some ColorOS versions have a separate “Freeze when idle” toggle — turn that off too if you see it.

### Other Android

1. Open **Settings**
2. Go to **Apps** → find **GD SugarLog**
3. Tap **Battery**
4. Select **Unrestricted** or **Don't optimize**

■ The exact option name varies by phone model — look for any setting that stops battery optimization for this app.

■ These steps are a guide based on common settings. Manufacturer software updates may change menu names or locations. If the steps don't match what you see, search your phone's Settings for "battery optimization" or check your manufacturer's support site.