

Backup, Restore & WiFi Transfer

GD SugarLog stores all your data locally on your device. Use the Backup feature to protect your journal. Use WiFi Transfer to move data between any combination of iPhone, iPad, and Android devices — no cables or cloud required.

Part 1 — Backup & Restore

Backup exports all your readings and meals as a single file. Store it in iCloud Drive, Google Drive, or email it to yourself for safekeeping.

1

Open Profile

Tap the Profile tab, then scroll down to Backup & Restore and tap to expand.

2

Export Backup

Tap Export backup. The share sheet opens — choose where to save the file.

3

Save the File

Select a location and save. The file is named with today's date for easy identification.

IMPORTANT: Restoring from a backup **OVERWRITES** all current data. Take a fresh backup before restoring if you want to keep any recent entries.

1

Export Current Data First

Tap Export backup to save your current data before restoring.

2

Tap Import Backup

Tap Import backup and browse to your saved backup file.

3

Confirm

A confirmation alert appears. Tap Restore to proceed. All data is replaced with the backup data.

Part 2 — WiFi Transfer

WiFi Transfer lets you move journal data and meal photos from one device to another over your local WiFi network — no cables, no cloud, no internet required. Both devices must be on the same WiFi network. Works across iPhone, iPad, and Android in any combination.

■ Typical use case: switching to a new device. Set up the new device with GD SugarLog first, then use WiFi Transfer to copy your existing data over.

To send (on your source device):

1

Open Profile → WiFi Transfer

Scroll down in Profile to WiFi Transfer and expand it.

2

Tap "Send my data"

Select the date range you want to transfer.

3

A QR Code Appears

Your device starts a local WiFi server and displays a QR code. Keep this screen open.

To receive (on your destination device):

1

Open Profile → WiFi Transfer

On the second device, go to Profile → WiFi Transfer.

2

Tap "Receive data"

The camera opens for QR code scanning.

3

Scan the QR Code

Point the camera at the QR code on the sending device.

4

Review & Confirm

The app shows a preview of incoming entries. Confirm to merge. Duplicate entries are detected and skipped automatically.

■ Photos transfer along with your meal data automatically. Only photos within the 72-hour window are included.

Part 3 — Danger Zone

Profile → Danger Zone lets you permanently wipe readings, meals, or everything. Profile settings and targets are never deleted. Always export a backup before wiping.

Deletions are permanent and cannot be undone. Always export a backup before wiping.