Tides 2.0

A journal for the highs and lows of every day

App
Tides: Highs & Lows Journal

Developer
Live Every Week Labs

Version
2.0

Platforms
iPhone and iPad, iOS 26 and later

Price
Free to use. Optional Tides Plus: monthly, yearly or lifetime

Category
Lifestyle

Account
None needed

Data collected
Anonymous usage counts, never journal content

App Store
apps.apple.com/app/id6746660968

Website
usetides.app

Press
support@liveeveryweeklabs.com

Most days hold something good and something hard. Tides asks you to write both down. Each Entry is a High, a Low or Both, with up to three Photos and Tags. A Gratitude page asks what you're grateful for each day, and one Streak counts both.

Tides 2.0 is a ground-up rebuild for iPhone and iPad. It's free to use, and Tides Plus is optional. There's no account and no ads, the app sends anonymous usage counts but never the user's words, and the journal stays on the user's devices and in their own iCloud.

Dictation. On device, with Apple Intelligence

Timeline. Feed, River and Month

Month recap. Flip through, share

Controls. Control Center, Shortcuts

Sync. iCloud and automatic Backups

iPad. Sidebar and two columns

Gratitude. What you're grateful for, every day

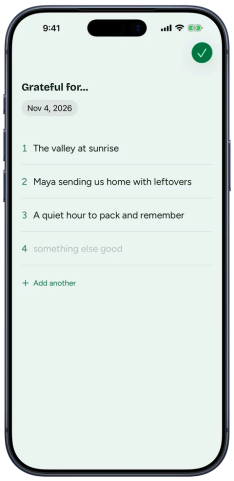
Insights. Week, month, year, all time

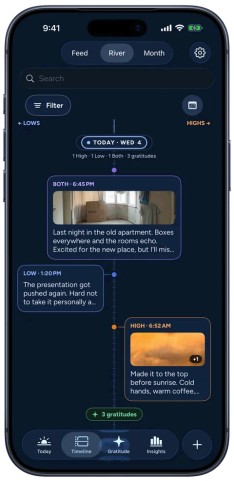
Widgets. Home and Lock Screen

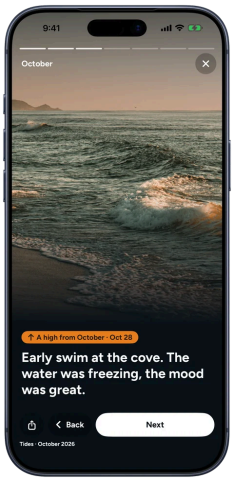
App lock. Face ID, Touch ID, passcode

Themes. Eight, each light and dark









Screenshots, icons and the mark: the Tides press page