

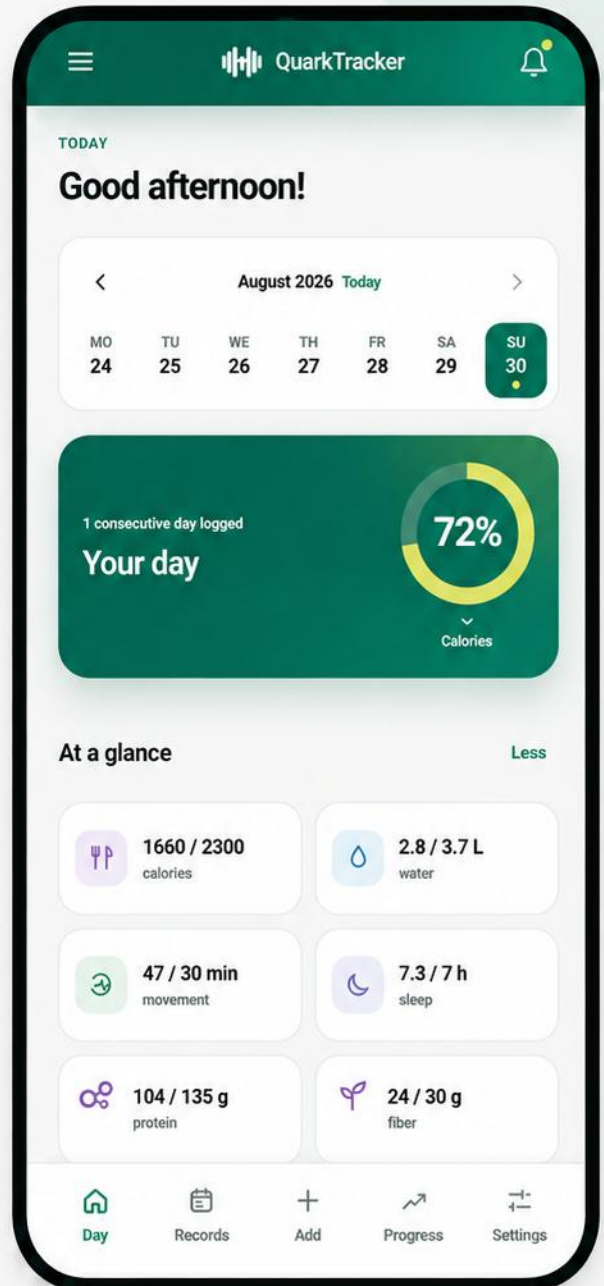


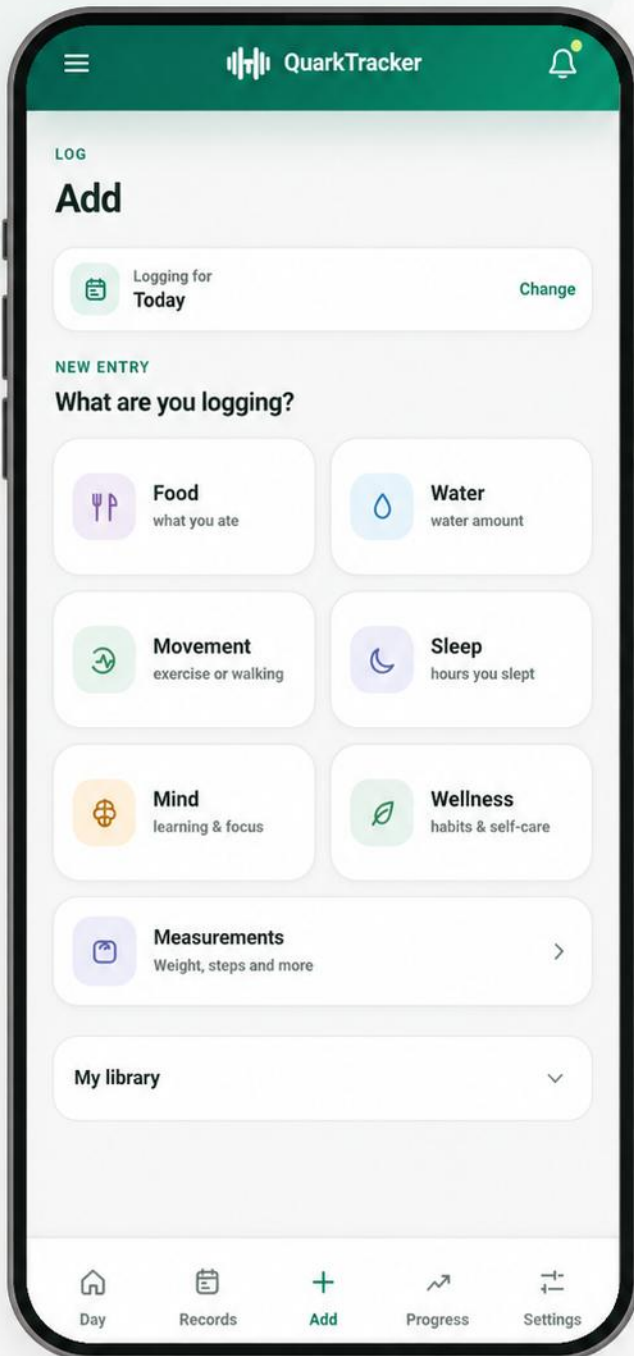
QuarkTracker

Track. Balance. Thrive.

**Nutrition,
water,
movement,
sleep,
measurements
and wellbeing
in one place.**

 Local-first by design.





02 Logging

Log the day simply.

Add only what you want to track.

-  **Nutrition**
-  **Water**
-  **Movement**
-  **Sleep**
-  **Mind**
-  **Wellbeing**
-  **Measurements**

03 Timeline

See your records.

Entries stay grouped by date, with names, times and quantities.



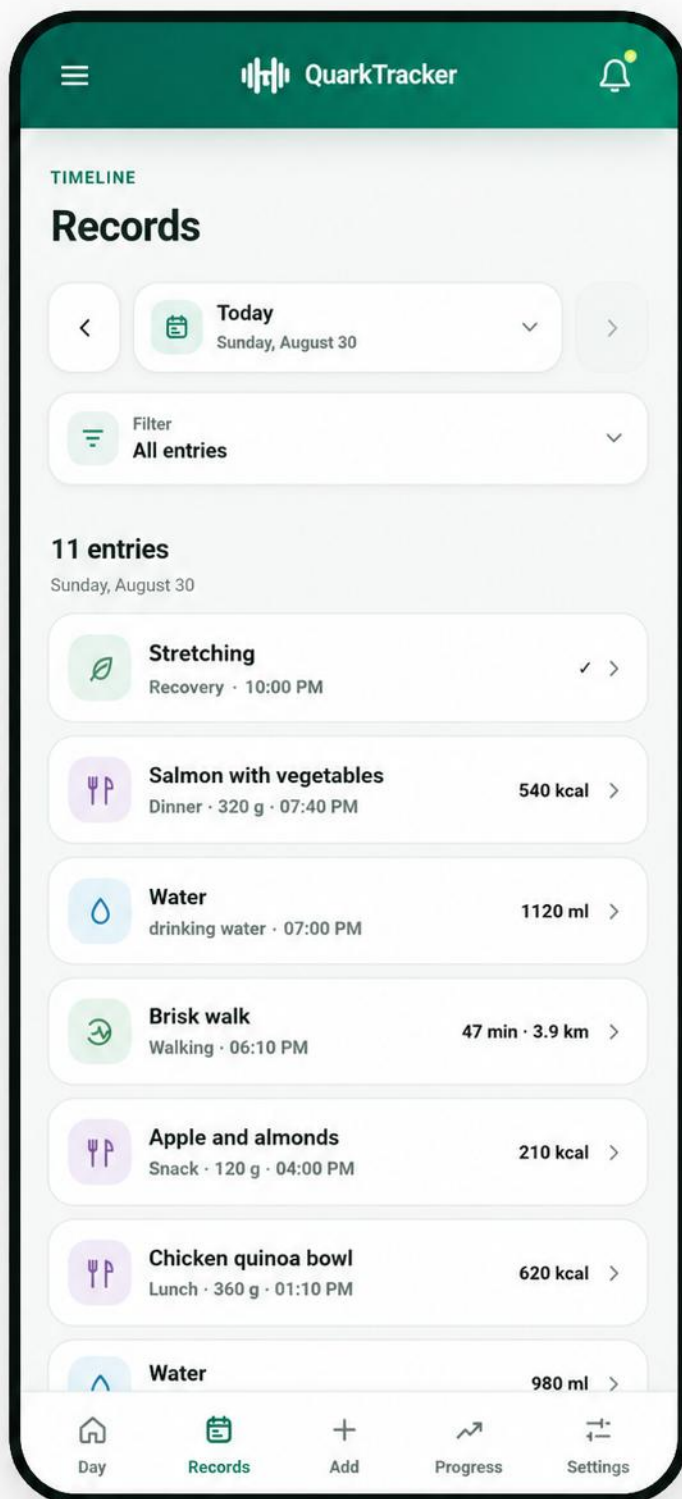
Grouped by date

Each day is organized so it is easy to scan and follow.



Review at a glance

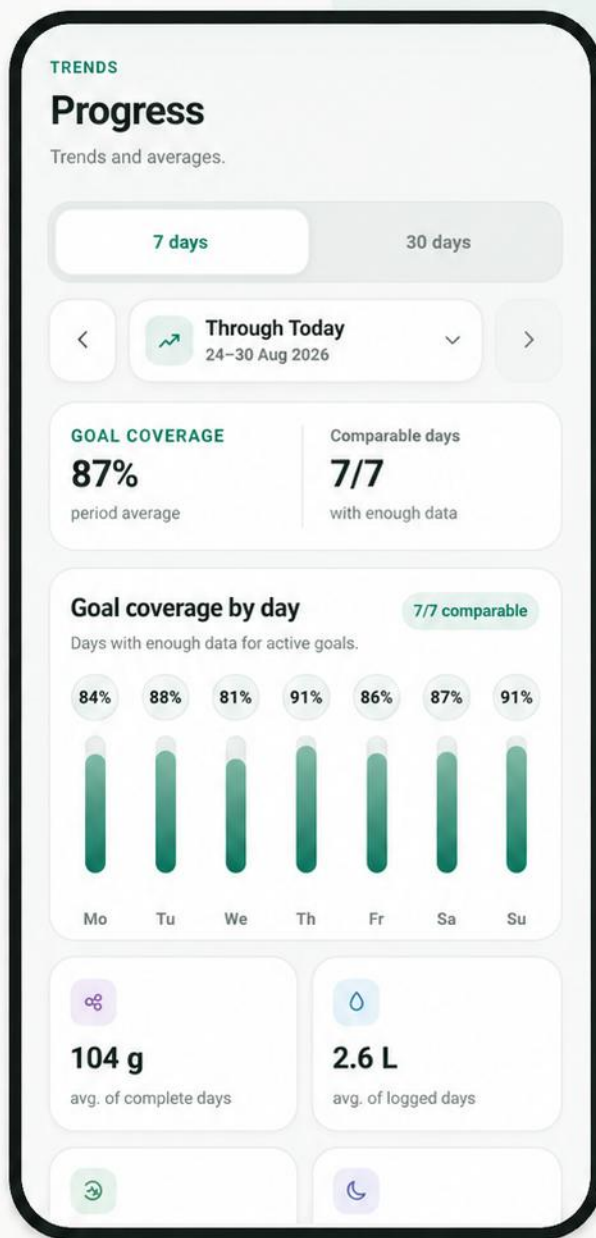
Names, times and amounts stay visible in one timeline.



04 Progress

Follow patterns over time.

Seven-day and longer views make trends easier to read.



Goal coverage

See consistency across active goals.



Comparable days

Focus on days with enough data.



Longer views

Switch to 30-day views for bigger trends.

Personal data stays local.

No account registration is required to use QuarkTracker.



Stored locally

Tracking data stays on the device.



No registration

Use the app without creating an account.

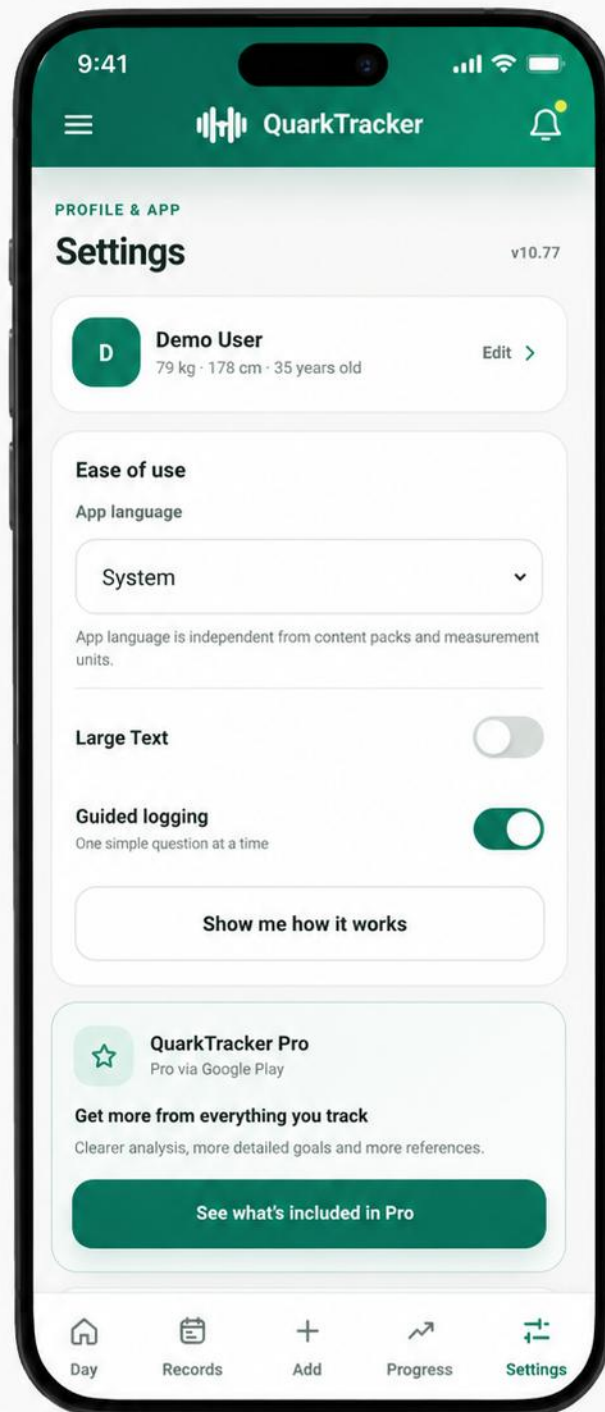


Explicit backups

The user decides when to create one.



Local-first by design





QuarkTracker

Built for everyday personal tracking

A complete, local-first companion for nutrition, movement, sleep and wellbeing.



Local-first

Personal tracking data stays on the device.



Everyday use

Nutrition, movement, sleep and wellbeing in one workflow.



Built at AspectSoft

A complete consumer software product, not a concept demo.