



How and What Rize Tracks

What Rize Tracks

Rize automatically tracks the metadata about the active window on your computer. No matter how many monitors you have, at any given moment there can only be one active window. From this window Rize tracks the following data as tracking events:

- App name
- Window title
- URL (if present)
- Timestamps

Rize will then automatically categorize your time based on your custom tracking rules. If you head to *Categories > Activity Log* you can view your events and their categories.

The screenshot shows the Rize application window. At the top, there's a navigation bar with icons for Home, Timeline, Activity Log (which is selected), and Tracking Rules. The main area is titled "Categories" and shows a list of tracking events for "Thursday, April 3, 2025". Each event includes a timestamp, the tracked item (e.g., docusaurus.io, Cursor, Electron, localhost:3001, Rize Staging), its type (e.g., Widget, Documenting, Code, Miscellaneous, Productivity), and its category (e.g., Documenting, Code, Miscellaneous, Productivity). The bottom of the window shows a footer with a power icon, a circular progress bar indicating 1:01:07 focus time elapsed, and a button to "End Focus". There's also a small image of a beach chair and the text "Seaside Bossa Nova" next to it.

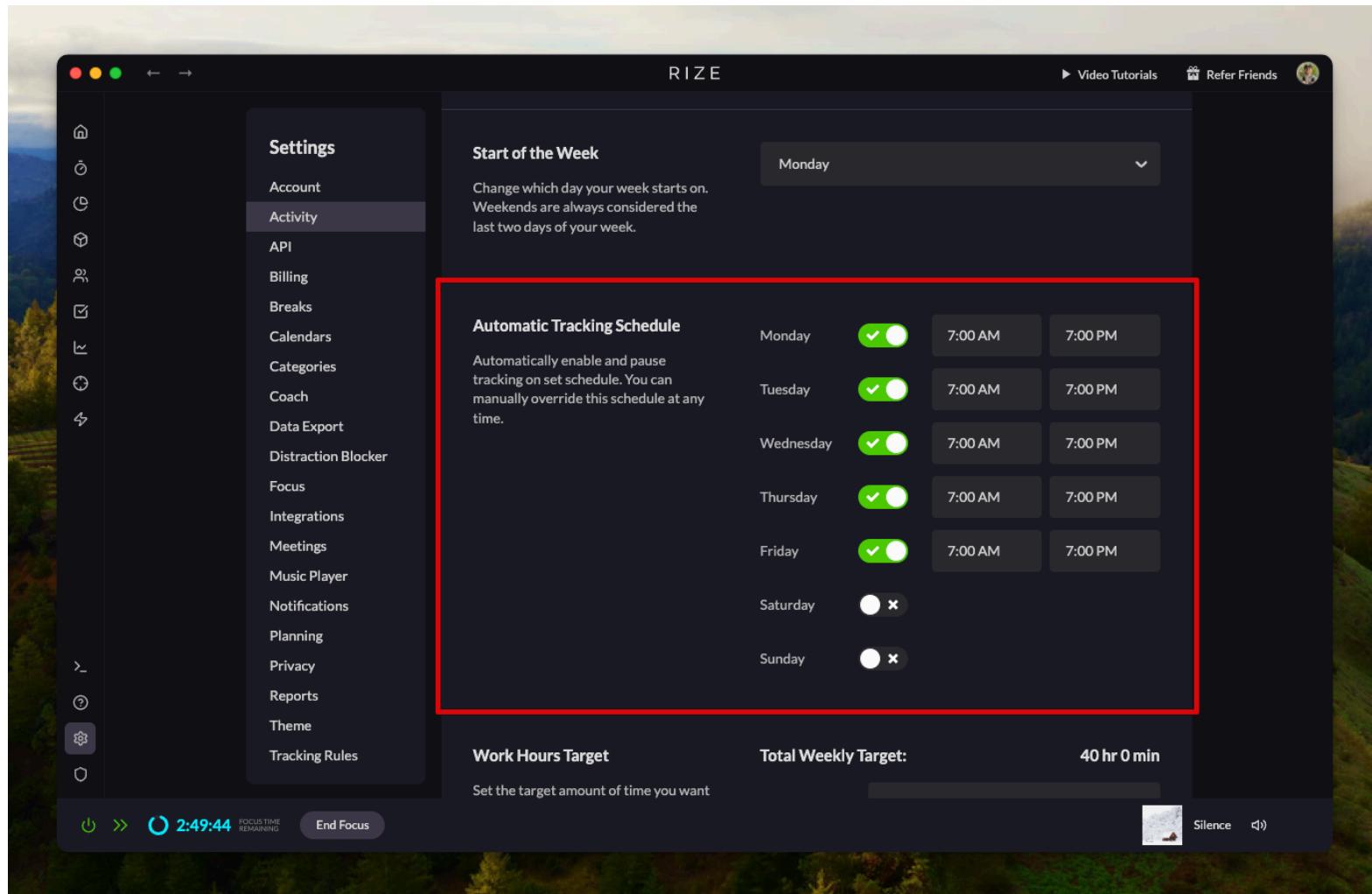
Timestamp	Tracked Item	Type	Category
10:58:15	docusaurus.io	Admonitions Docusaurus - https://docusaurus.io/docs/markdown-featu...	Documenting
10:57:19	Cursor	intro.mdx – sol	Code
10:57:14	Electron	Widget	Code
10:57:13	docusaurus.io	Admonitions Docusaurus - https://docusaurus.io/docs/markdown-featu...	Documenting
10:57:12	localhost:3001	localhost:3001/signin	Miscellaneous
10:57:07	Rize Staging	Widget	Productivity
10:56:59	Electron	Widget	Code
10:56:55	localhost:3002	How and What Rize Tracks Rize.io Documentation - http://localhost:3002/	Code
10:56:28	Cursor	intro.mdx – sol	Code
10:56:26	localhost:3002	How and What Rize Tracks Rize.io Documentation - http://localhost:3002/	Code
10:56:06	Cursor	intro.mdx – sol	Code
10:55:58	localhost:3002	How and What Rize Tracks Rize.io Documentation - http://localhost:3002/	Code
10:55:56	localhost:3002	How and What Rize Tracks Rize.io Documentation - http://localhost:3002/	Code
10:55:55	Cursor	intro.mdx – sol	Code
10:55:54	localhost:3002	How and What Rize Tracks Rize.io Documentation - http://localhost:3002/	Code
10:55:51	Cursor	intro.mdx – sol	Code
10:55:47	localhost:3002	How and What Rize Tracks Rize.io Documentation - http://localhost:3002/	Code
10:55:44	Cursor	intro.mdx – sol	Code
10:55:43	localhost:3002	How and What Rize Tracks Rize.io Documentation - http://localhost:3002/	Code

! INFO

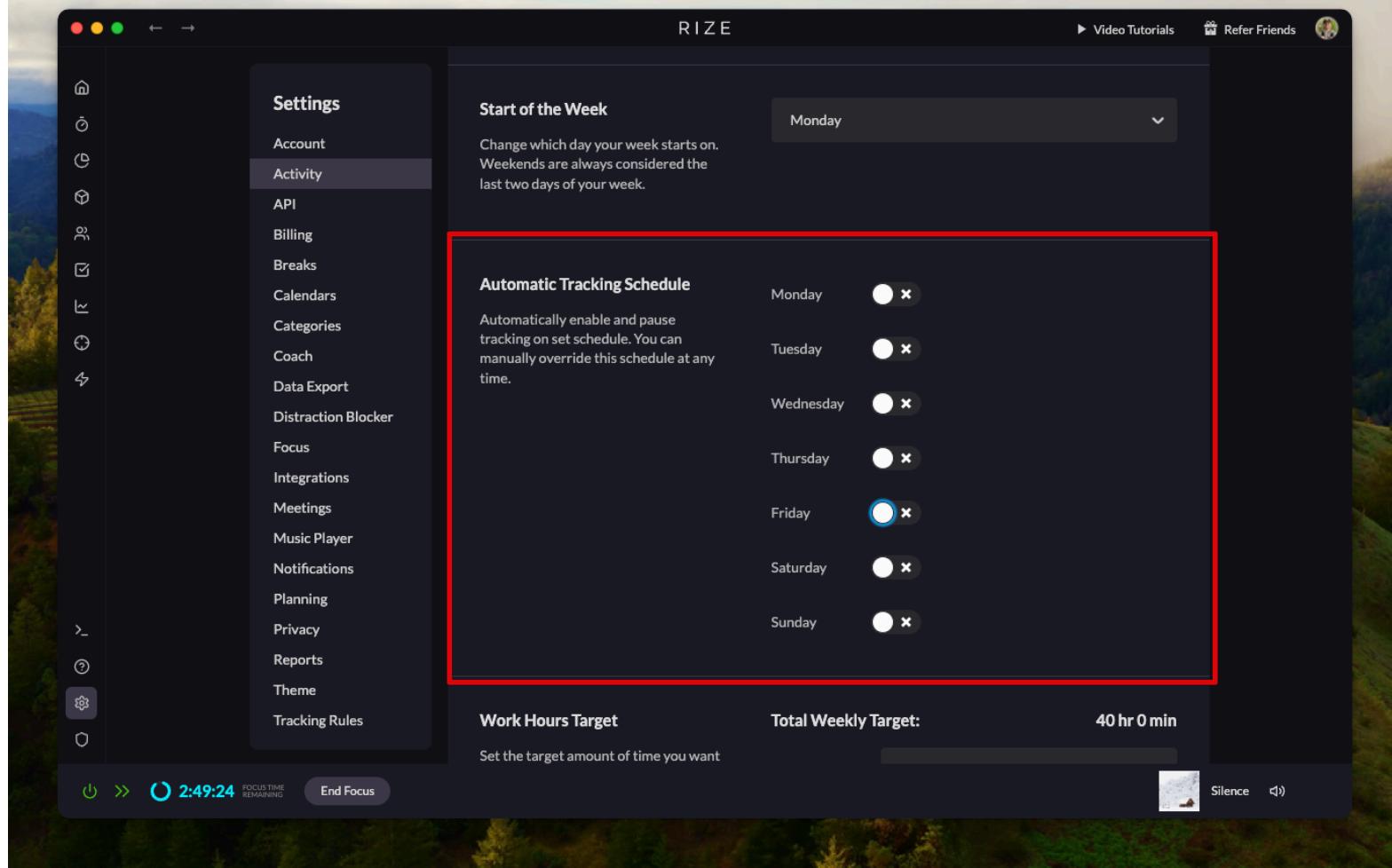
Rize **never** tracks any content within the window - only the metadata listed above. You can fully customize what data is tracked and how long it's retained in *Settings > Privacy*.

Automatic Tracking Schedule

Tracking must be enabled for Rize to track your activity. You can set Rize to automatically enable and disable tracking on a set schedule in *Settings > Activity > Automatic Tracking Schedule*.

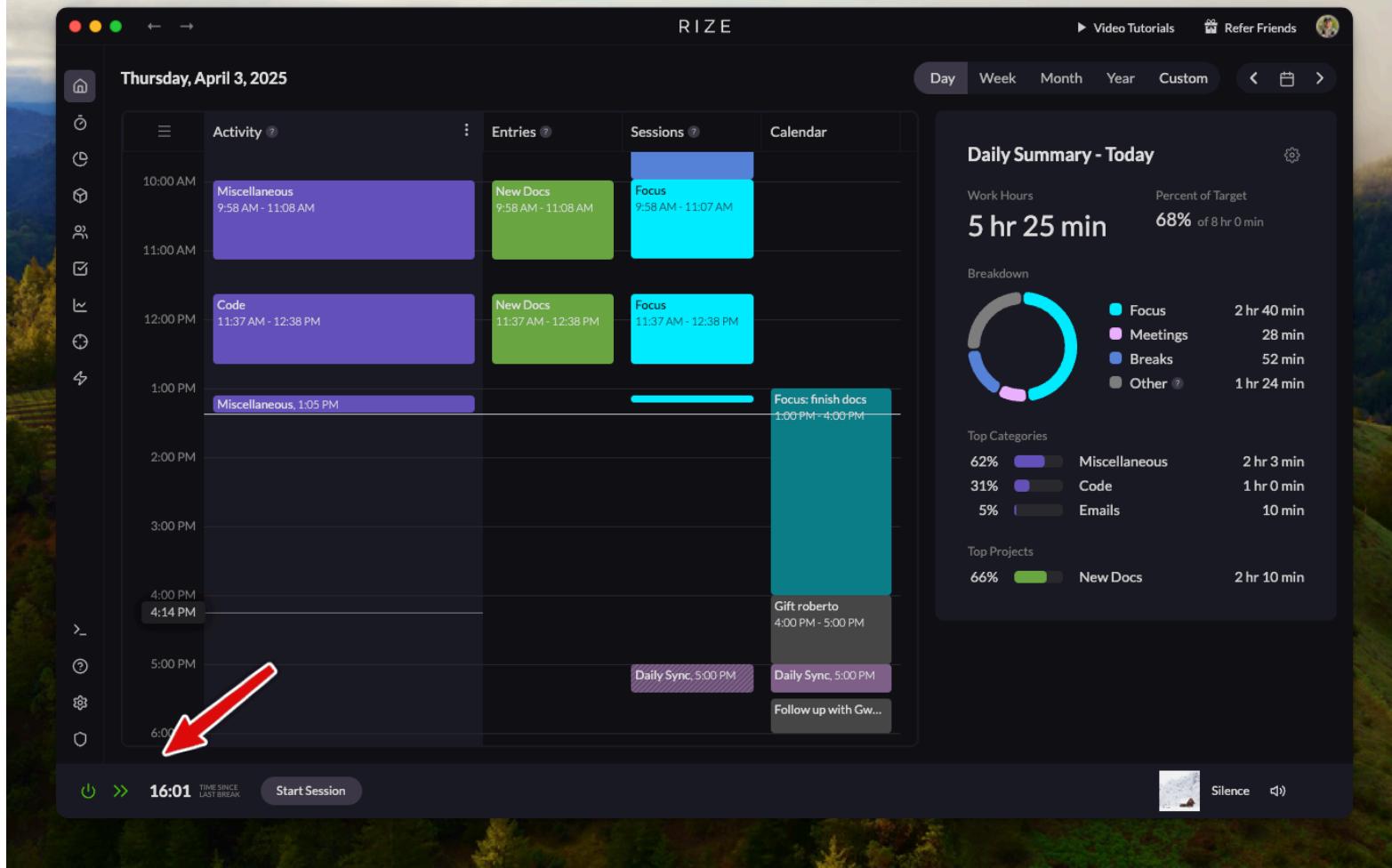


If you want Rize to track 24/7, disable the Automatic Tracking schedule for every day. Keep in mind that, if you disable the Automatic Tracking Schedule and pause tracking, it will never track again unless you manually restart tracking.

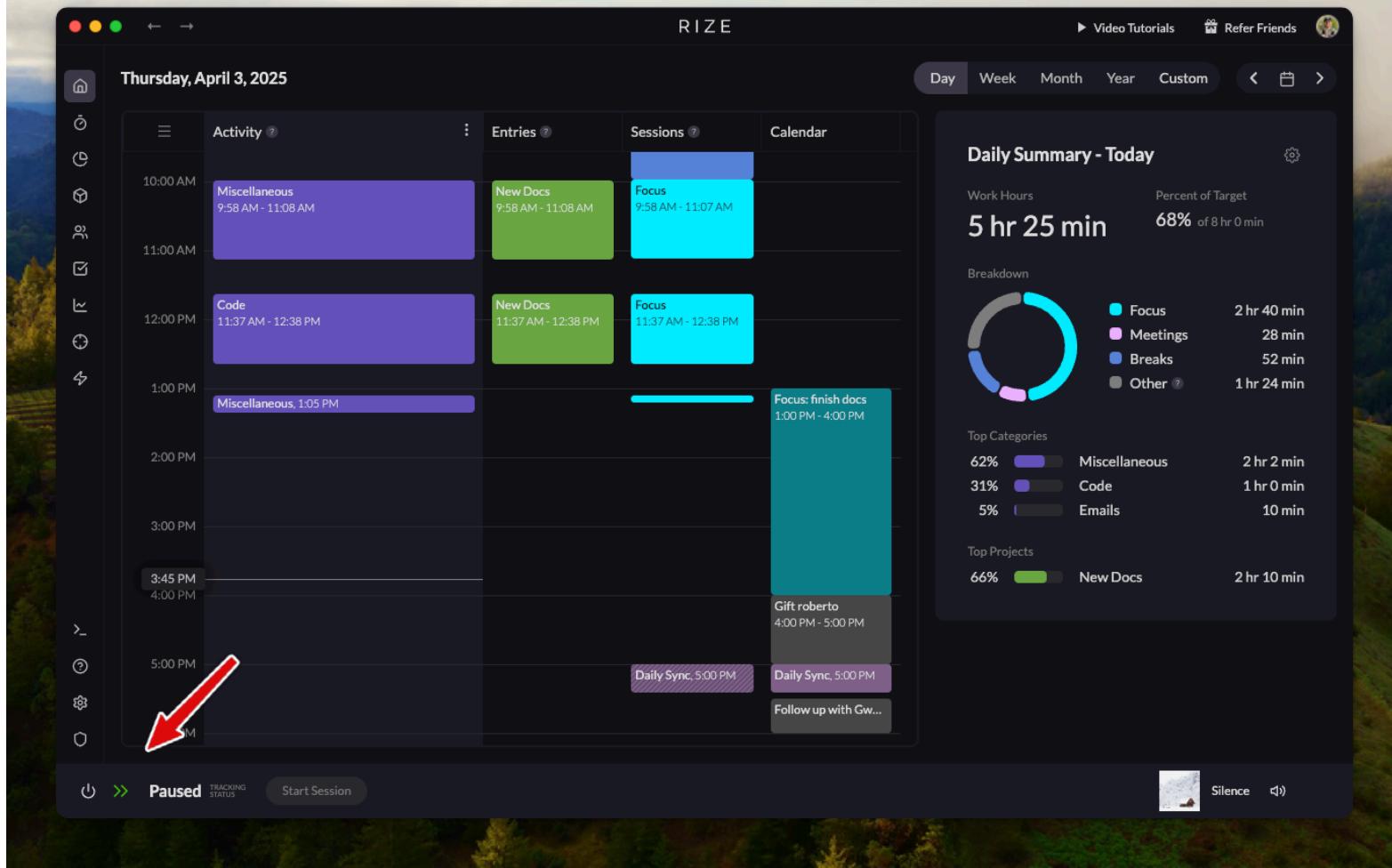


How to Pause Tracking

You can pause tracking by clicking the power icon in the bottom left corner of the dashboard. The tracking state will change to "Paused" when tracking is disabled, as shown in the screenshot below.



When tracking is disabled, the power icon will show a paused state, as shown below.



Excluding Apps & Websites from Tracking

You can easily exclude specific apps or websites from being tracked by Rize. Head to *Settings > Tracking Rules* and click "New Rule". Select "Categorize a website based on a custom URL" or "Categorize an app based on the name", enter the app name or URL, then select "Exclude from tracking" as the category. You can also do this from your activity.

The screenshot shows the RIZE application interface. On the left, there's a sidebar with various icons and a list of settings options. The 'Tracking Rules' option is highlighted with a purple background. The main area is titled 'Recalibrate Tracking Rules' and shows a list of tracked domains and their categories. A red arrow points to the 'New Rule' button at the top right of the list.

Settings

- Account
- Activity
- API
- Billing
- Breaks
- Calendars
- Categories
- Coach
- Data Export
- Distraction Blocker
- Focus
- Integrations
- Meetings
- Music Player
- Notifications
- Planning
- Privacy
- Reports
- Theme
- Tracking Rules

Recalibrate Tracking Rules

Founder (active) Default +

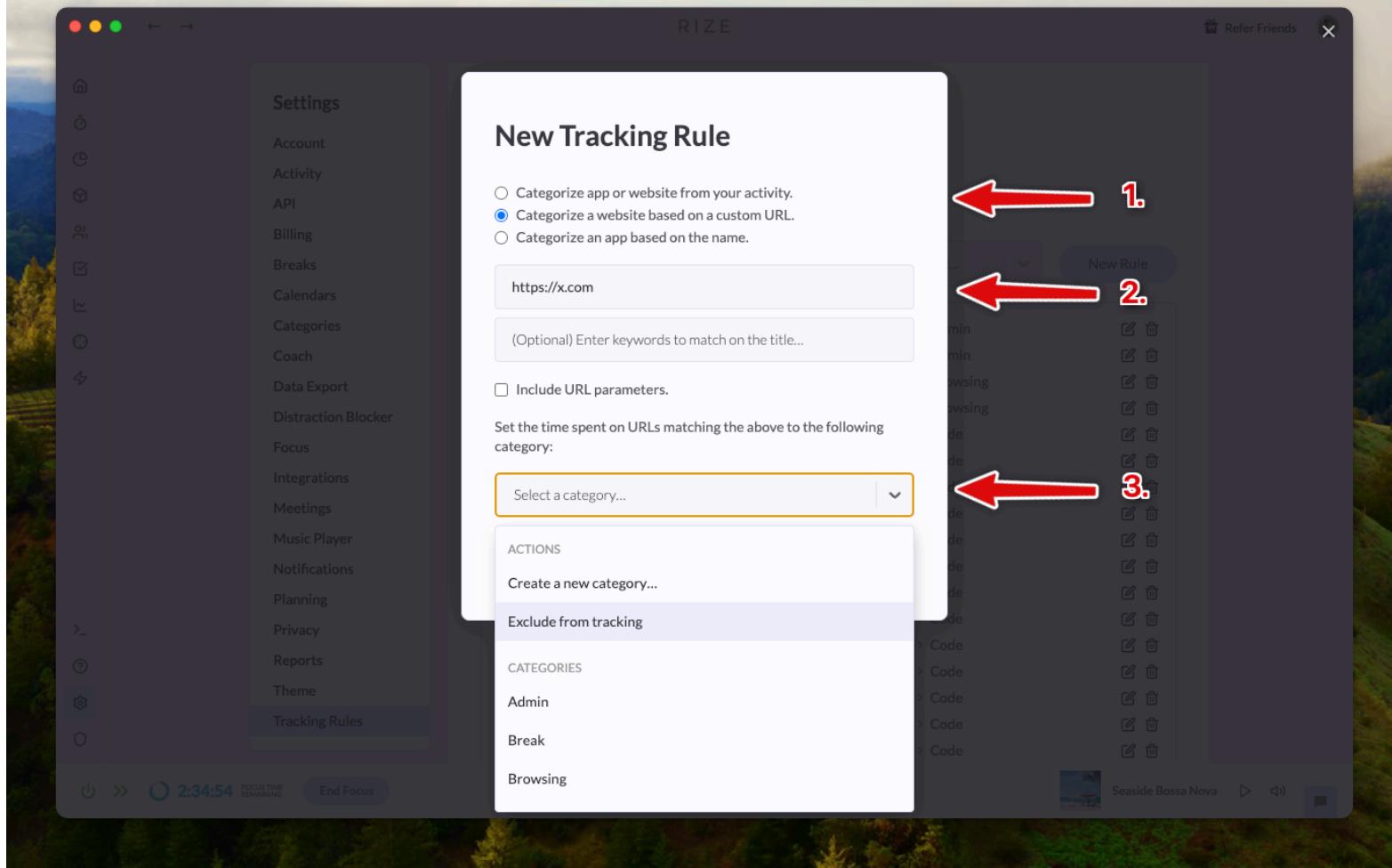
Make Active Delete Export to CSV Categorization History

Search... Filter source... Filter category... New Rule

Domain	Category	Action	Action
app.gusto.com	Admin	<input type="checkbox"/>	
us-west-1.console.aws.amazon.com	Admin	<input type="checkbox"/>	
google.com	Browsing	<input type="checkbox"/>	
Google Chrome	Browsing	<input checked="" type="checkbox"/>	
app.1price.co	Code	<input type="checkbox"/>	
app.docker.com	Code	<input type="checkbox"/>	
app.rollbar.com	Code	<input type="checkbox"/>	
chatgpt.com	Code	<input type="checkbox"/>	
console.cloud.google.com	Code	<input type="checkbox"/>	
dashboard.heroku.com	Code	<input type="checkbox"/>	
devcenter.heroku.com	Code	<input type="checkbox"/>	
docs.1price.co	Code	<input type="checkbox"/>	
docs.warp.dev	Code	<input type="checkbox"/>	
github.com	Code	<input type="checkbox"/>	
id.heroku.com	Code	<input type="checkbox"/>	
kafka.js.org	Code	<input type="checkbox"/>	
localhost:3002	Code	<input type="checkbox"/>	

FOCUS TIME
REMAINING 2:35:24 End Focus

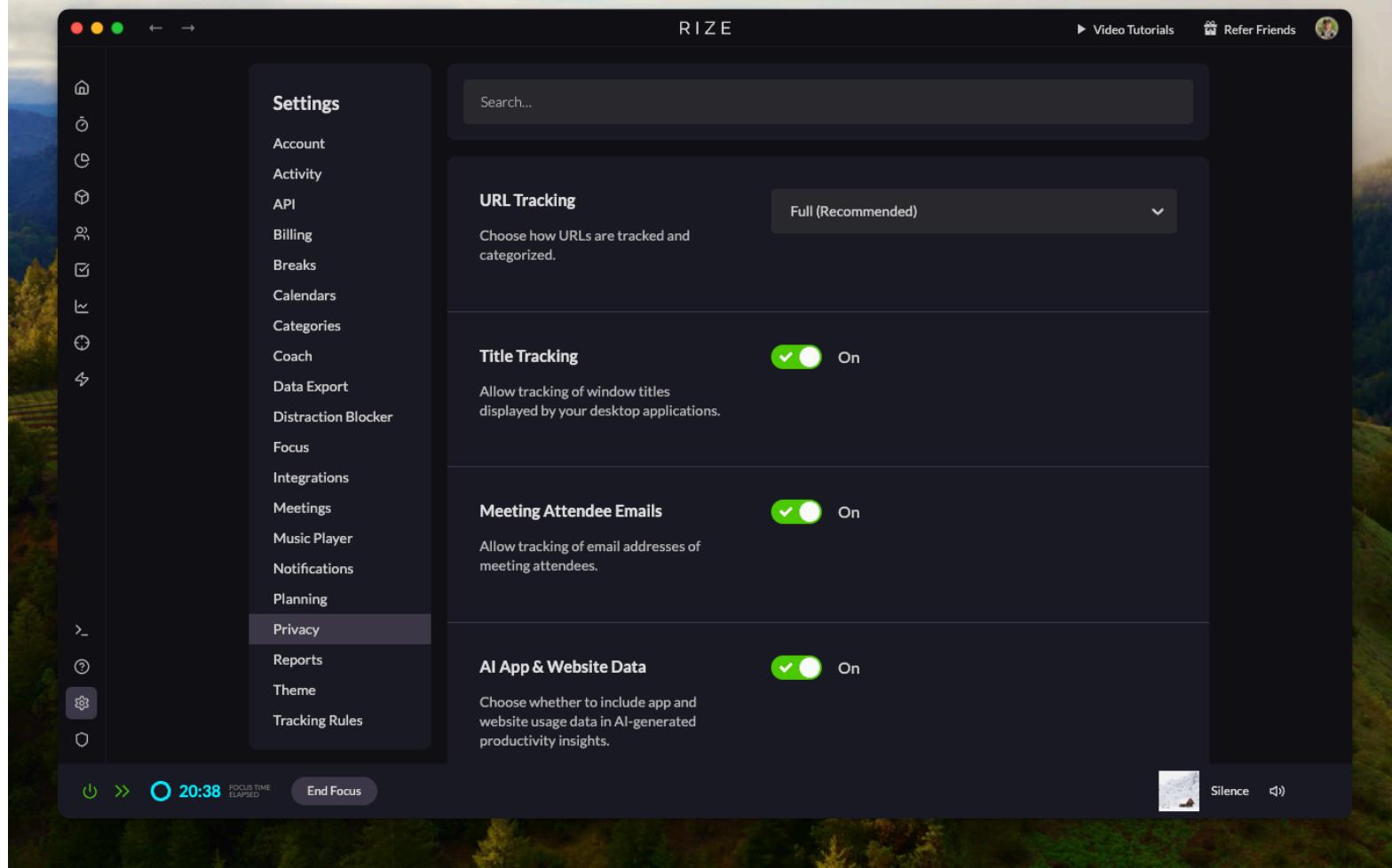
Seaside Bossa Nova



Customizing Tracked Data

You can customize what data is tracked by Rize and how long that data is retained in *Settings > Privacy*. Here are a few available settings:

1. **URL Tracking** - Disable URL tracking or have Rize track only the URL domain (e.g. `docs.google.com` instead of `docs.google.com/doc/1`)
2. **Title Tracking** - Disable window title tracking
3. **Meeting Attendee Emails** - Disable tracking of attendees of calendar events



Redact Your Data

You can redact your app and website data at any moment. Just head to *Settings > Privacy* and scroll down to the "Redact Tracked Data" button. If you do this, Rize will delete all tracked app and website data but your categories, projects, and productivity metrics will remain unchanged.

The screenshot shows the Rize application interface. At the top, there are standard Mac OS X window controls (red, yellow, green buttons) and a title bar with the word "RIZE". In the top right corner, there are links for "Video Tutorials", "Refer Friends", and a user profile icon.

The main content area has a dark background with a scenic mountain landscape visible through the window frame. On the left, a sidebar titled "Settings" lists various options: Account, Activity, API, Billing, Breaks, Calendars, Categories, Coach, Data Export, Distraction Blocker, Focus, Integrations, Meetings, Music Player, Notifications, Planning, **Privacy**, Reports, Theme, and Tracking Rules. The "Privacy" option is highlighted with a purple background.

The main panel contains text about tracking URLs and titles in Safari, followed by a section titled "Scheduled Data Redaction" with a dropdown menu set to "Disabled (Recommended)". Below this, there is a "Redact Tracked Data" button and a descriptive text block:

Redact Tracked Data

Redact all past tracked data including app information, window titles, and URLs. This action is irreversible.

At the bottom of the screen, there is a toolbar with icons for power, volume, and brightness, a timer showing "20:00 FOCUS TIME ELAPSED", and a "End Focus" button. On the far right, there is a small portrait icon, a "Silence" button, and a volume control icon.

You can also have Rize redact your data on a set schedule in *Settings > Privacy > Scheduled Data Redaction*.

The screenshot shows the RIZE application interface. At the top, there are standard Mac OS X window controls (red, yellow, green buttons) and a title bar with the word "RIZE". In the top right corner, there are links for "Video Tutorials", "Refer Friends", and a user profile icon.

The main area features a sidebar on the left with various settings categories: Home, Settings, Account, Activity, API, Billing, Breaks, Calendars, Categories, Coach, Data Export, Distraction Blocker, Focus, Integrations, Meetings, Music Player, Notifications, Planning, **Privacy**, Reports, Theme, and Tracking Rules. The "Privacy" option is currently selected and highlighted with a purple background.

The main content area contains text about tracking URLs and titles in Safari, followed by a section titled "Scheduled Data Reduction". This section includes a dropdown menu set to "Disabled (Recommended)" and a detailed description of how it works: "Redact all your tracked data, including app information, window titles, and URLs, on a set schedule. Your categories, goals, and other metrics will not be affected. Once redacted, the data cannot be recovered." A large red rectangular box highlights this entire section.

Below this, another section titled "Redact Tracked Data" is shown, with a "Redact Tracked Data" button. It describes the action: "Redact all past tracked data including app information, window titles, and URLs. This action is irreversible." A "Redact Tracked Data" button is also present here.

At the bottom of the screen, there is a toolbar with icons for power, volume, and brightness, along with a timer showing "20:14 FOCUS TIME ELAPSED" and a "End Focus" button. On the far right, there is a small video camera icon, a "Silence" button, and a volume control icon.