



## Day by Day

*Cycles, made manageable.*

### What this is

**Day by Day** is a simple, mobile-first web app designed to help people going through cancer treatment (and those supporting them) organise daily medication, track treatment cycles, and keep a personal record of how they are feeling over time.

It was created to reduce mental load, bring structure to difficult days, and help people feel a little more in control when everything else feels uncertain.

### What it helps with

Day by Day supports:

- Daily medication tracking (scheduled and as needed)
- Tracking of treatment cycles and key dates
- Optional recording of symptoms, temperature, and weight
- Visual charts showing recorded symptoms across the duration of each treatment cycle
- Free-text notes for “how today went”
- A daily summary that can be emailed to the user’s own inbox or shared with a trusted person
- A **cycle summary report**, available as a **printable PDF download**, bringing together key information recorded during that cycle

These features are intended to help users notice patterns, reflect on their experience, and prepare for conversations with their care team if they choose to do so.

The app is designed for everyday use, particularly on a phone, and works offline once installed.

## What it is not

- It does **not** provide medical advice
- It does **not** interpret symptoms or charts
- It does **not** make recommendations or clinical judgements
- It does **not** replace guidance from oncology teams or clinicians

Users are always advised to follow their clinical guidance and contact their care team if they are worried or unwell.

## Privacy and data protection (plain English)

- All data is stored locally on the user's device
- No accounts are created
- No data is collected, stored, or accessed by the developer
- If users choose to email a daily summary or download a cycle report, this happens entirely under their own control

There is no central database and no sharing unless the user chooses to do so.

## Who it is for

Day by Day may be helpful for:

- People undergoing chemotherapy or similar treatment cycles
- People who want a simple, non-clinical way to organise daily treatment routines
- People who wish to keep a personal record of symptoms and experiences across cycles
- Carers or family members supporting someone through treatment (with consent)

It is not designed for clinical staff use or for population-level data collection.

## How organisations can share it (low-risk options)

Organisations are welcome to:

- Signpost it as a **self-management resource**
- Share a short description in a newsletter or website resources page
- Display a QR code poster in a support centre or waiting area

There is no requirement to “endorse” the app.

## Support and sustainability

Day by Day is a small, independent project developed in response to a real personal need.

- Updates are made on a best-effort basis
- There is no formal support desk
- Clear help documentation is built into the app

This is shared in the spirit of being useful, not as a commercial product.

## Important note for users

If you feel unwell, develop a fever, or are worried about symptoms, always follow the advice given by your oncology team or contact them directly.

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### More information and access:

<https://daybyday.ie/>

### Code:

<https://github.com/kenmccarthy/daybyday>

### Contact:

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