

Gym Lift Daily – Support Guide

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Thank you for using Gym Lift Daily — your simple, powerful fitness companion for logging workouts, tracking progress, celebrating PRs, and staying consistent. This support guide will help you get the most out of the app and answer common questions.

If you ever need help beyond this guide, please email: wesleypingleton@gmail.com

Getting Started

Once installed, you can immediately begin logging workouts — no account setup required.

Workout Logging

You can add exercises, sets, reps, cardio activity, and notes. Saved workouts appear in your history view.

iCloud Sync

If enabled in your Apple settings, your workouts sync securely to your personal iCloud account. You can control this in device Settings → Apple ID → iCloud.

Notifications & Reminders

Gym Lift Daily can send optional reminders including daily workout reminders, PR nudges, and weekly summaries. You control notification permission in system Settings.

Sharing Progress

You may share your workout details via Messages or social media, including copied workout text or an image that includes the app logo.

Privacy

Your workout data belongs to you. It is stored locally and/or in your iCloud account and is not sold or shared with advertisers.

Common Questions

No account is required to use the app. Removing the app deletes local data but may not remove iCloud data. Location data is never collected.

Troubleshooting

If workouts are not syncing, confirm iCloud is enabled and your device is online. If notifications do not appear, enable alerts in system Settings. Restarting your device may resolve unexpected behavior.

Contact Support

For help, email wesleypingleton@gmail.com with your device model, iOS version, and a description of the issue.

Your Feedback Matters

Positive App Store reviews help the app grow and improve. Thank you!

— Wesley Pingleton