BACKUP + LOCAL STORAGE

Protecting Your Reset Entries

Your entries are designed to remain in the browser storage on the device and browser where you use the reset. Brio Life does not automatically receive them.

Data may be lost when

• Browser history, cookies, site data, or local storage are cleared

• The file is opened in another browser or on another device

• Private/incognito mode is used

• The device or browser is reset, replaced, damaged, or cleaned

Export a backup

• Open Settings & Backup

• Select Export JSON Backup

• Save the file somewhere private and secure

• Repeat regularly if the entries matter to you

Restore a backup

• Open Settings & Backup

• Select Import Backup

• Choose the JSON file you previously exported

• Confirm that saved days and entries reappear

Privacy reminder

Backup files may contain personal reflections. Store and share them with care.