Alabo

Tend to the whole of you.

Alabo is a weekly check-in for your whole life. Choose up to 20 areas across five pillars, give each one a colour once a week, and see them all on a home screen widget. Over time, Alabo shows what keeps getting left behind. No account needed, and everything stays private.

Fact sheet

Name	Alabo
Platform	iPhone, iOS 26 or later
Launch	Friday 11 December 2026
Availability	UK at launch
Price model	Free, with an optional Premium subscription
Categories	Health & Fitness, Lifestyle
Developer	Independent developer, UK
Website	alabo.app
Press page	alabo.app/press
Instagram	@alabo.app
Contact	hello@alabo.app

Privacy

No account, no sign-in and no server. Data stays on the iPhone and in the person’s own private iCloud. Apple Health numbers are never stored or synced. App Store privacy label: Data Not Collected.

Free and Premium

Free: set-up with five pillars and up to 20 areas, weekly check-ins, the dashboard widget, Insights, small daily steps and Your month.

Premium, an optional subscription that starts with a free month: Apple Health, Pulse, Patterns and pillars, Your year in dots, more widgets and extra Your month cards.