



Priv8Vitals

FOR IPHONE

As simple or as deep *as you like.*

Check one readiness score and go, or dig into HRV, sleep and training load. Set up the dashboard to show only what you care about.

— ABOUT

Apple Health already knows how you slept, moved and recovered. It just never tells you what that adds up to.

Priv8Vitals reads your Health data (read-only) and turns it into a morning readiness score, recovery and energy levels, and a plain-English plan for the day.

It works best with an Apple Watch, and it reads whatever is in Apple Health, so data from other devices that sync there, like a smart scale, counts too. No account, and no server that sees your heart rate. Everything stays on your iPhone and syncs through your own iCloud.

Who it's for. Anyone who tracks with Apple Health: people working toward a weight or fitness goal, people keeping the fitness they've built, athletes training for an event, and data nerds who want every chart. And anyone who'd rather keep their health data to themselves.

— FACT SHEET

DEVELOPER

Priv8Apps (one developer)

PLATFORM

iPhone · iOS 18 or later · reads Apple Health

RELEASED

June 29, 2026

CATEGORY

Health & Fitness

PRICING (USD)

Free download, 14-day free trial. Then \$2.99/month, \$19.99/year or \$44.99 lifetime.

PRIVACY

"Data Not Collected" on the App Store listing

APP STORE

apps.apple.com/app/id6759493285

— HOW PRIV8APPS APPS WORK

No accounts

No sign-up, no email address, nothing to log in to.

Fair prices

Prices shown upfront, a 14-day free trial on every app, and a one-time option for personal use.

No servers

Data stays on your device and syncs through your own private iCloud.

Honest limits

If iOS doesn't allow something, the app says so.

No tracking

No analytics, ad, crash-reporting or tracking SDKs. Apple frameworks only.

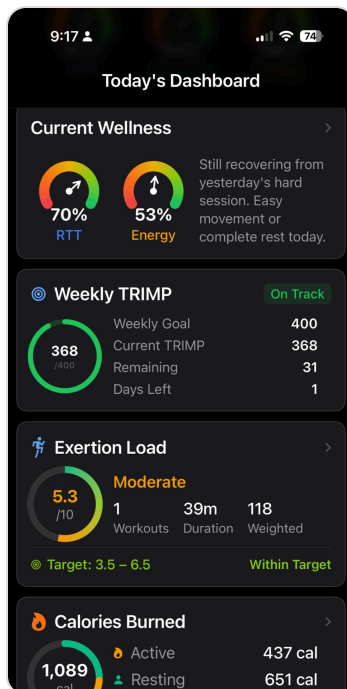
Your data, always

Export everything you made, in every state: trial, paid or lapsed.

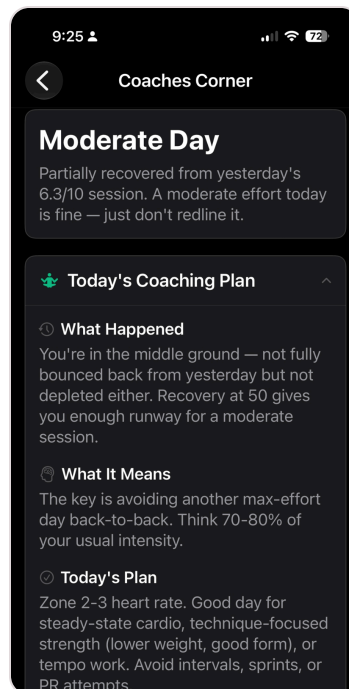
— WHAT IT DOES

- Ready To Train score built from HRV, resting heart rate, sleep and recent training
- Coaches Corner: a morning briefing that sizes up the day and gives you a plan for it
- Morning check-in that can lower your score, never inflate it
- Exertion load (TRIMP) from heart rate, so it knows how hard you worked whatever the workout, with form trends against a 28-day personal baseline
- NEAT: credit for everyday movement, not just workouts
- Week in Review, badges, and a Health Profile with fitness age
- Cycle Insights with phase-adjusted baselines
- On-device AI coaching on Apple Intelligence devices (iOS 26 or later)
- Export your data as CSV any time and share it with whoever you choose (once exported, the file is outside Vitals' control)

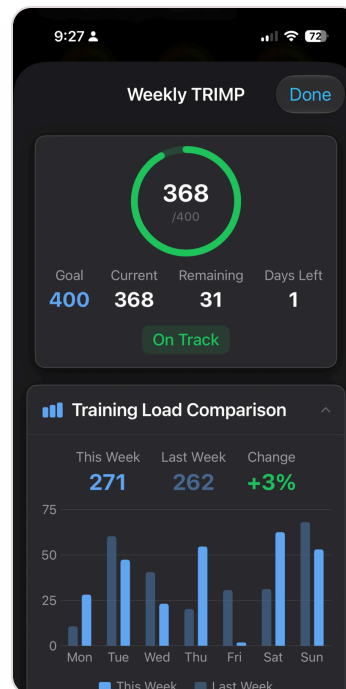
— SCREENSHOTS



TODAY'S DASHBOARD



COACHES CORNER



WEEKLY TRAINING LOAD

WELLNESS, NOT MEDICINE

Priv8Vitals is a wellness and fitness app, not a medical device. It doesn't diagnose, detect or treat anything. It shows trends in data you already have, in plain English.

About Priv8Apps. Priv8Apps builds privacy-first Apple apps for iPhone, iPad, and Mac: no accounts, no tracking, no ads, and no servers. Every app keeps its data on your device and syncs through your own private iCloud. Every app we've shipped carries the App Store's "Data Not Collected" label. Made by one developer. priv8apps.com

Review access beyond the free trial is available on request: info@priv8apps.com