ToolGPA

NOVEMBER 2026

Dayflow

The Insider's Guide

Open-source Mac app that logs your workday automatically



Every plan, grade, refund rule and rival among time tracking apps, read from Dayflow's own pages.

Made by Teleport Labs Inc. · checked Nov 13, 2026 · toolgpa.com

2.6
GPA

Dayflow



The open source automatic work journal

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Who made this guide, what else is on the site, and how to cite it

ToolGPA put this guide together from Dayflow's own pages, its app-store listings and our grades. Every fact in it is on Dayflow's page too, where it is kept up to date. Checked Nov 13, 2026.

Welcome

What it is, who it suits, its grades and the ten things to know first

2.6

GPA, above 66 of the 98 other time tracking apps we grade

Dayflow is a macOS app that records the screen, then uses AI to turn the recording into a readable timeline of what you worked on, sorted into categories such as coding, research and distraction. Recordings stay on the Mac. The AI can be a local model, your own API key or a managed service on the paid plan.

To get you started, here are **9 things to know about Dayflow**, taken from its own pages and our grades.

1 **Best for a free self-tracking log on a Mac**

Dayflow is an open-source Mac app that records your screen and writes a daily timeline, free with a local model or your own AI key.

2 **Paid plans start at $20 a month**

As its pricing page puts it: $20 per month, billed monthly.

3 **There is a free plan**

Free: automatic activity capture, AI summaries with a local model or your own Gemini, OpenAI or Anthropic key, and the open-source app.

4 **It runs on macOS**

macOS.

5 **Automatic activity capture**

Records what is on screen in the background and builds a timeline without starting or stopping a timer.

6 **AI-written timeline**

Summarizes each block of work and sorts it into categories such as coding, research, planning, communication or distraction.

7 **Choice of AI provider**

Run a supported local model on the Mac, use your own Gemini, OpenAI or Anthropic key, or pay for managed analysis.

8 **A 2.6 GPA, above 66 of 98**

That is against the other time tracking apps we grade, on value, the free plan, features, ease of use and platforms.

9 **Keep it**

The plain part of Dayflow you could make: time tracking. What surrounds it you could not. The 5 things listed below take a company, not a weekend.

Dayflow at a glance

PRICING Free plan, from $20 per month, billed monthly	FREE PLAN Yes
FREE TRIAL None stated	RUNS ON macOS
MADE BY Teleport Labs Inc.	CATEGORY Time Tracking
OUR GRADE 2.6 GPA, good	

The report card

Best for a free self-tracking log on a Mac

Dayflow is an open-source Mac app that records your screen and writes a daily timeline, free with a local model or your own AI key. It needs macOS 14, it's for logging your own day rather than billing clients, and the managed AI is $20 a month.

TOOLGPA REPORT CARD	Dayflow	Graded Nov 13, 2026
SUBJECT	GRADE	COMMENT
Value for money	A	Free and open source, so anyone can download and run it. The managed AI plan is $20 a month.
Free plan and trial	A	The app, capture and AI summaries are free with a local model or your own key. No cap is stated.
Features	C	Automatic capture and an AI timeline. It's for self-tracking, with no timesheets, billing or team view.
Ease of use	C	No store rating on record. You pick a local model or paste an API key, and need macOS 14.
Platforms and integrations	D	Mac only, on macOS 14 or later. A Windows version is only a waitlist.
Grade point average		Good, out of 4.0 **2.6**

An A is worth 4 points, a B 3, a C 2, a D 1 and an F nothing. The GPA is the average of the five.

Who Dayflow is for

- ✓ Fits if you want an automatic log of your own day on a Mac
- ✓ Makes sense if you want screen data kept on your own computer

Who it is not for

- ✗ Skip it if you use Windows or Linux, as only macOS 14 or later runs it
- ✗ Not for you if you bill clients or run timesheets, since it's for self-tracking
- ✗ Watch out: with your own API key or Pro, selected screenshots go to a cloud AI provider
- ✗ Tight if you want an annual price, because the page says to check inside the app

Good to know

Good for

- ✓ Mac users who want a record of their day without manual timers
- ✓ People who want screen data analyzed by a local model
- ✓ Individuals comfortable bringing their own AI API key

Worth knowing

- ⓘ It runs on macOS 14 (Sonoma) or later only; a Windows version is on a waitlist.
- ⓘ It works from screen recordings, so it fits individual self-tracking more than client billing or team timesheets.
- ⓘ With your own API key or Pro, selected screenshots are sent to a cloud AI provider for analysis.
- ⓘ The pricing page says to check the current annual offer inside the app; no annual price is shown on the page.

PART 02 · PRICING

What it costs

Every plan, the free plan, ways to pay less and how prices have moved

$20

A month to start. There is a free plan too

Dayflow has a free plan. Paid plans start at $20 per month, billed monthly.

> **Free and open source, so anyone can download and run it.**
>
> From our grade for value for money

FREE

$0

per month

Local recordings and database, automatic capture, AI summaries via a local model or your own API keys.

PRO

$20

per month, billed monthly

Managed AI analysis with no provider setup, and no draw on your Claude or ChatGPT usage.

ENTERPRISE

Custom

Pro plus SSO or SAML, data-retention controls and internal AI gateway support; sold through sales.

The free plan

Free: automatic activity capture, AI summaries with a local model or your own Gemini, OpenAI or Anthropic key, and the open-source app.

Read from dayflow.so on Nov 13, 2026.

What it does

Its main features, where it runs, what it works with and who makes it

1

Place it runs: macOS

Open-source Mac app that logs your workday automatically. Here is what it does, as its own site describes it, and what it covers: open source, AI features, time tracking, screen recording, menu bar app.

> "
>
> **It's for self-tracking, with no timesheets, billing or team view.**

From our grade for features

Automatic activity capture

Records what is on screen in the background and builds a timeline without starting or stopping a timer.

AI-written timeline

Summarizes each block of work and sorts it into categories such as coding, research, planning, communication or distraction.

Choice of AI provider

Run a supported local model on the Mac, use your own Gemini, OpenAI or Anthropic key, or pay for managed analysis.

Local recordings

Recordings and the database are stored on the computer. Cloud options process selected screenshots, not the full recording.

Open-source app

The code is public on GitHub, so the app can be inspected and run yourself on the free plan.

Enterprise controls

Enterprise adds SSO or SAML, data-retention policies and rollout support for teams.

Where it runs

macOS

What it works with

Its own pages name no integrations.

Dayflow is made by Teleport Labs Inc.

Where it stands

Its grades against its category, and whether to keep it or make your own

66/98

Other time tracking apps it is graded above

Dayflow's GPA of 2.6 is higher than 66 of the 98 other time tracking apps we grade, and level with 15.

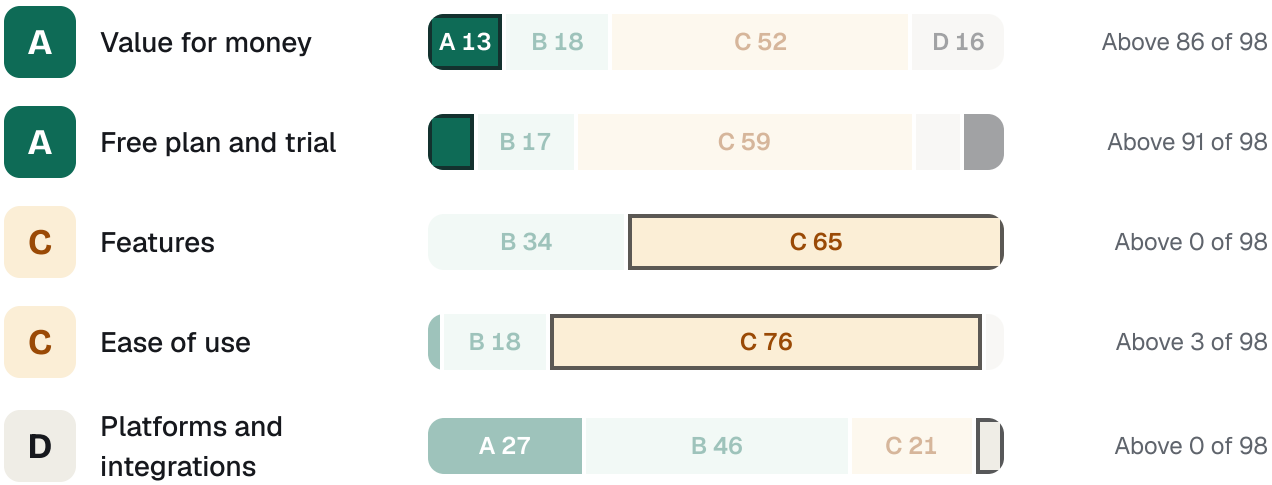
It stands best on free plan and trial (A, above 91 of 98) and worst on platforms and integrations (D, above 0).

Its paid plans start at $20 a month, against a middle price of $6.99 for the category: 74 of the 80 others that charge start lower.

On features, ease of use and platforms it scores 1.7 out of 4. 78 tools score higher and cost less.

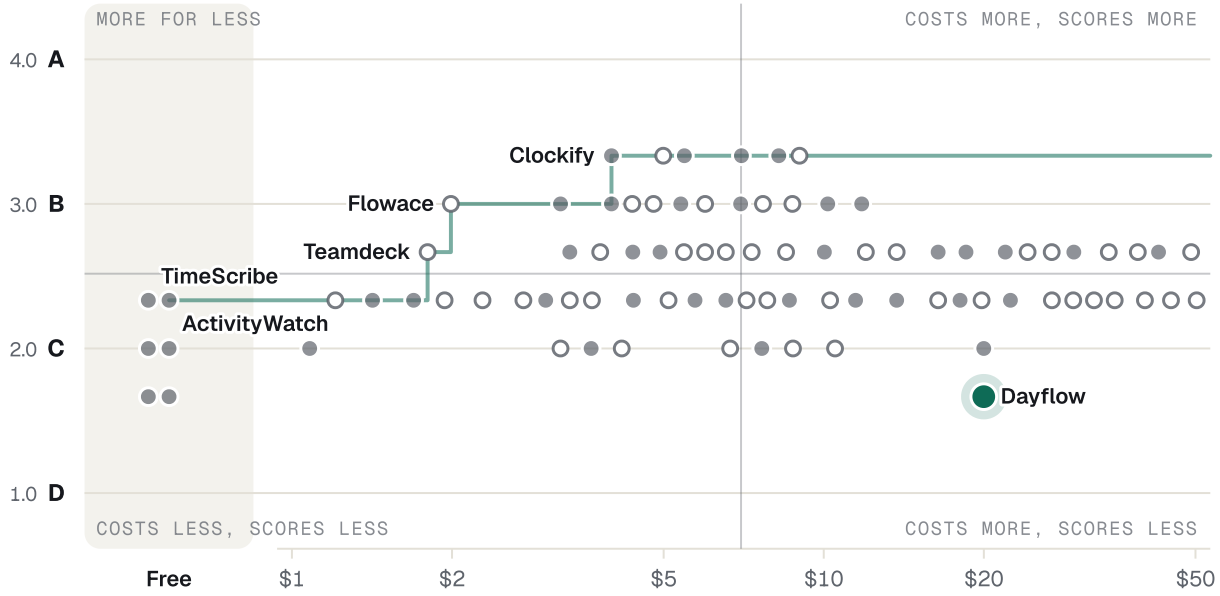
Each grade against the category

Every bar is all 99 time tracking apps we grade, cut by the letter each got. Dayflow's own letter is outlined.



Price against what you get

Each dot is one of 87 time tracking apps. Further left costs less; higher up scores better on features, ease of use and platforms. Dayflow is the marked dot.



What paid plans start at, a month (each step along is roughly double)

Keep it, or make your own?

Whether this is something you could build for yourself with an AI app builder, and what you would give up.

Keep it

The plain part of Dayflow you could make: time tracking. What surrounds it you could not. The 5 things listed below take a company, not a weekend.

It is one of the better ones too: its GPA of 2.6 is higher than 66 of the 98 other time tracking apps we grade. It costs $240 a year. Dayflow is open source, so there is a third way: take its code and run it yourself.

What you could make

- Time tracking: an app builder makes this well.

What you could not

- Recording the screen with its sound, and somewhere to keep the video.
- A native app living in the menu bar.
- A real app for macOS. Something home-made would be a web page.
- AI features, unless you pay a model provider for each request yourself.
- What a company asks for before it lets staff use something: single sign-on.

What this rests on. Dayflow's listing: what it does, where it runs, what it plugs into and what it costs. It is a judgement about the kind of software this is. We have not built a replacement for it, and making your own means looking after it too. How we decide, and every tool's verdict.

The alternatives

The tools it is most often weighed against, side by side



Rize, RescueTime, Timing, Memtime and ActivityWatch

The 5 tools Dayflow is most often weighed against, with where each one differs from it.

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Rize

Free trial · from $9.99/mo

Automatic time tracker with focus tools and AI reports.

- Dayflow has a free plan. Rize does not, though it has a free trial.
- Only Rize lists a Windows app.
- Only Rize lists a browser extension.

Dayflow and Rize compared in full

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RescueTime

Free plan · from $7/mo

Automatic time tracking with distraction blocking and timesheets.

- Only RescueTime lists a web app.
- Only RescueTime lists Windows, iOS and Android apps.
- Only RescueTime lists a browser extension.

Dayflow and RescueTime compared in full



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Timing

Free trial · from $9/mo

Automatic time tracking for Mac with no timers to start.

- Dayflow has a free plan. Timing does not, though it has a free trial.
- Only Timing lists a web app.
- Dayflow is open source, according to its own site.

Dayflow and Timing compared in full



2.0
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Memtime

Free trial · from $14/mo

Automatic desktop time tracker that keeps activity data offline.

- Dayflow has a free plan. Memtime does not, though it has a free trial.
- Only Memtime lists a web app.
- Only Memtime lists Windows and Linux apps.

Dayflow and Memtime compared in full



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ActivityWatch

Free

Free, open-source automatic time tracker that keeps data local.

- Only ActivityWatch lists Windows, Linux and Android apps.
- Only ActivityWatch lists a browser extension.
- Dayflow also covers screen recording and menu bar app.

Dayflow and ActivityWatch compared in full

PART 06 · QUESTIONS

Quick answers

The questions people ask about it, each answered in a line or two

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Questions, each answered in a line or two

The short version of everything above, for when you only need the answer. Each one is told in full in its part of the guide.

Is Dayflow free?

Dayflow has a free plan. Free: automatic activity capture, AI summaries with a local model or your own Gemini, OpenAI or Anthropic key, and the open-source app.

How much does Dayflow cost?

Dayflow lists 3 plans. Free: $0 per month.

What platforms does Dayflow work on?

Dayflow is available on macOS.

Does Dayflow have an Android app?

No Android app was listed when its pages were read on Nov 13, 2026. Dayflow is listed for macOS.

Does Dayflow have an iPhone app?

No iPhone app was listed when its pages were read on Nov 13, 2026. Dayflow is listed for macOS.

Is Dayflow open source?

Yes. Dayflow is open source, according to its own site.

Who makes Dayflow?

Dayflow is made by Teleport Labs Inc.

What are the alternatives to Dayflow?

The closest alternatives to Dayflow in our directory are Rize, RescueTime, Timing, Memtime and ActivityWatch.

How does Dayflow compare with other time tracking apps?

Dayflow's GPA of 2.6 is higher than 66 of the 98 other time tracking apps we grade, and level with 15.

Is Dayflow good value for money?

ToolGPA grades Dayflow A for value for money. Its paid plans start at $20 a month, against a middle price of $6.99 for the category: 74 of the 80 others that charge start lower.

Could I make my own version of Dayflow?

The plain part of Dayflow you could make: time tracking. What surrounds it you could not.

Where this guide comes from

The prices, plans, platforms and features were read from Dayflow's own pages on Nov 13, 2026, and the grades were given on Nov 13, 2026. Graded from this listing, whose facts were read from Dayflow's own pages on 13 November 2026. Not based on using the product, and shorter than our full reviews.

Every tool we list gets five grades, A to F, each with its reason, and a GPA that averages them. How each is decided is at toolgpa.com/grades. This guide is ToolGPA's own work; it is not made, paid for or approved by Teleport Labs Inc. Prices change, so check dayflow.so before you buy.

dayflow.so/pricing/ dayflow.so/

About ToolGPA

Who made this guide, what else is on the site, and how to cite it

7,721
Tools graded, in 95 categories

ToolGPA grades software the way a school report grades a pupil: five subjects, a letter for each with the reason written beside it, and a GPA that averages them. Prices, plans and platforms are read from each maker's own pages and dated, so you always know how fresh a figure is.

Every grade, review and ranking on ToolGPA is our own judgement. No company can pay for a grade or change one. Every tool on the site has a guide like this one, free to download and pass on. It all lives at toolgpa.com.

7,721	95	739	579
tools graded	categories	price changes on record	apps priced in 12 countries

What else is on toolgpa.com

Dayflow, kept up to date

Everything in this guide, with prices and grades as they are today

toolgpa.com/tools/dayflow-time-tracker

How grades are given

The rules behind every letter and every GPA

toolgpa.com/grades

Value charts

What each tool costs against what it scores, for every category

toolgpa.com/charts

Compare

Any two tools side by side, plan by plan

toolgpa.com/compare

Price changes

Every price rise and cut on record, each with its source

toolgpa.com/price-changes

Prices by country

What apps cost on the App Store in 12 countries

toolgpa.com/prices-by-country

Pay less

Every public discount: yearly billing, students, nonprofits

toolgpa.com/save

Keep or make

Which tools are worth paying for, and which you could build yourself

toolgpa.com/keep-or-make

Scan for the live page

Prices and grades as they are today

Quoting this guide?

Please name ToolGPA and link to the live page, so readers can check the figures for themselves:

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ToolGPA, "Dayflow: The Insider's Guide",
checked Nov 13, 2026.
https://toolgpa.com/tools/dayflow-time-tracker
```

Know someone choosing between time tracking apps?

Send them this guide: toolgpa.com/tools/dayflow-time-tracker/guide

ToolGPA elsewhere: youtube.com/@toolgpa

See our other guides

The best-graded time tracking apps after Dayflow, each with an Insider's Guide of its own.

Time Tracking Insider's Guide

Every one of the 99 time tracking apps we grade, compared

Jibble Insider's Guide

Free time clock and attendance tracker with GPS and face recognition

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Clockify Insider's Guide

Team time tracker and timesheets with a free plan for 5 users

3.2 GPA

TimeCamp Insider's Guide

Time tracking with attendance, billing and a free plan for any team

3.2 GPA

ToolGPA

Choosing software? Every tool graded, every price dated.

Compare tools at toolgpa.com ›

Everything in this guide is ToolGPA's own summary of what Dayflow's pages, its app-store listings and public reviews said on the dates shown. Grades are our judgement under the rules at toolgpa.com/grades. Every grade, review and ranking on ToolGPA is our own judgement. No company can pay for a grade or change one. Dayflow is a trademark of its owner, and this guide is not made, paid for or approved by Teleport Labs Inc. Prices and plans change: check dayflow.so before you buy.