ToolGPA

NOVEMBER 2026

Flowace

The Insider's Guide

Automatic time tracking and employee activity analytics



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

Made by Flowace · checked Nov 13, 2026 · toolgpa.com

2.8
GPA



Contents

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

02 What it costs
Every plan, the free plan, ways to pay less and how prices have moved

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

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

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

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

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

ToolGPA put this guide together from Flowace's own pages, its app-store listings and our grades. Every fact in it is on Flowace'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

2.8

GPA, above 82 of the 98 other time tracking apps we grade

Flowace is a workforce productivity platform that records work time automatically on employee devices, with attendance, project timesheets and activity reports. Managers can rate apps as productive or unproductive, review screenshots and schedule shifts. It runs on desktop, mobile and the web, and sells per user with four plans.

> "
>
> **Accounts, rules for productive apps and integrations need setting up.**
>
> From our grade for ease of use

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

1 **Best for automatic tracking with activity reports**

Flowace records time and app use automatically from $1.99 a user a month on annual billing.

2 **Paid plans start at $1.99 a month for each person**

As its pricing page puts it: $1.99 per user / month, billed annually.

3 **You can try it first**

7-day free trial, no credit card required

4 **It runs on 6 platforms**

Web, Windows, macOS, Linux, iOS and Android.

5 **Automatic time capture**

Records projects, tasks and attendance from the device without timers; clock-in starts when the laptop opens.

6 **App and website tracking**

Logs app use at 1-second precision and lets managers label apps productive, unproductive or neutral per team or person.

7 **Screenshots and silent mode**

Takes periodic screenshots with configurable frequency and access, and can run with or without a visible app.

8 **A 2.8 GPA, above 82 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 Flowace you could make: time tracking, reports and time off. What surrounds it you could not. The 7 things listed below take a company, not a weekend.

Flowace at a glance

PRICING Free trial, from $1.99 per user / month, billed annually	FREE PLAN No
FREE TRIAL 7-day free trial, no credit card required	RUNS ON Web, macOS, Windows, Linux, iOS, Android
MADE BY Flowace	CATEGORY Time Tracking
OUR GRADE 2.8 GPA, good	

The report card

Best for automatic tracking with activity reports

Flowace records time and app use automatically from $1.99 a user a month on annual billing. App and website tracking need the $3.99 plan, keyboard and mouse activity, SSO and the API need $7, and it takes screenshots that staff must be told about.

TOOLGPA REPORT CARD **Flowace** Graded Nov 13, 2026

SUBJECT	GRADE	COMMENT
Value for money	B	$1.99, $3.99 and $7 a user a month on annual billing. App tracking starts on the $3.99 plan, inside the cheapest quarter ($4.50).
Free plan and trial	C	A 7-day trial with no card. No free plan.
Features	B	Attendance, projects, screenshots, app use, shifts, leave and billable hours. Keyboard and mouse tracking, SSO and API sit on Premium.
Ease of use	C	No store rating on record. Accounts, rules for productive apps and integrations need setting up.
Platforms and integrations	A	Web, Windows, Mac, Linux, iOS and Android, with 70-plus integrations and an API on Premium.

Grade point average Good, out of 4.0 **2.8**

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 Flowace is for

- ✓ Fits if you manage remote staff and want their hours captured without timers
- ✓ Works for teams that sync time to payroll tools like ADP or BambooHR

Who it is not for

- ✕ Not for you if you don't want screenshots and activity monitoring, which some teams must disclose
- ✕ Tight if you want app and website tracking cheaply, since it starts at $3.99
- ✕ Pricey if you want API access or SSO, both on the $7 Premium plan
- ✕ Watch out: monthly billing costs $1.01 more per user, and Enterprise has no published price

Good to know

Good for

- ✓ Companies that want automatic activity data on remote or hybrid staff
- ✓ Services firms that bill clients by tracked hours
- ✓ Small teams that want a low per-user price to start

Worth knowing

- ⓘ Prices shown are per user on annual billing; monthly billing costs more.
- ⓘ Keyboard and mouse activity, SSO and API access need Premium; app and website tracking needs Standard.
- ⓘ It includes screenshot capture and activity monitoring, which some teams need to disclose or avoid.
- ⓘ Enterprise has no published price and is sold through a demo request.

PART 02 · PRICING

What it costs

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

$1.99

A month to start, for each person

Flowace is a paid product with a free trial, starting at $1.99 per user / month, billed annually.

BASIC

$1.99

per user / month, billed annually

Attendance, projects and tasks, screenshots, silent tracking, idle time-out and burnout tracking. The page says monthly billing costs $1.01 more.

STANDARD

$3.99

per user / month, billed annually

Adds app and website tracking, productivity ratings, shifts and leave, 1-second activity logs, alerts and 60+ integrations.

PREMIUM

$7.00

per user / month, billed annually

Adds keyboard and mouse activity, single sign-on, API access, a success manager, multi-monitor screenshots and shared desk tracking.

ENTERPRISE

Custom

Volume pricing with private cloud deployment, custom data retention, white labelling and custom integrations.

Trying it first

7-day free trial, no credit card required

Read from flowace.ai on Nov 13, 2026.

Ways to pay less

ANNUAL DISCOUNT

Save up to 30% with yearly billing

Flowace's pricing page says annual billing saves up to 30%, for example $1.01 per user each month on Basic.

Stated on flowace.ai

What it does

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

6

Places it runs: Web, macOS, Windows, Linux, iOS and Android

Automatic time tracking and employee activity analytics. Here is what it does, as its own site describes it, and what it covers: time tracking, reports, shift scheduling, time clock, time off, dashboards.

> **Attendance, projects, screenshots, app use, shifts, leave and billable hours.**

From our grade for features

Automatic time capture

Records projects, tasks and attendance from the device without timers; clock-in starts when the laptop opens.

App and website tracking

Logs app use at 1-second precision and lets managers label apps productive, unproductive or neutral per team or person.

Screenshots and silent mode

Takes periodic screenshots with configurable frequency and access, and can run with or without a visible app.

Shifts, leave and approvals

Builds shift rosters, tracks leave and holidays and alerts managers to late logins, on the Standard plan and above.

Billable hours and invoices

Maps tracked project time to bill rates and turns billable time into client invoices, per the vendor's description.

Integrations

Connects to payroll, HR and identity tools such as ADP, BambooHR and 7shifts; the vendor cites 70+ integrations.

Where it runs

Web · macOS · Windows · Linux · iOS · Android

What it works with

ADP Run · ADP Workforce Now · BambooHR · Breathe HR · 7shifts · AlexisHR · Agendrix

Flowace is made by Flowace.

Where it stands

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

82/98

Other time tracking apps it is graded above

Flowace's GPA of 2.8 is higher than 82 of the 98 other time tracking apps we grade, and level with 6.

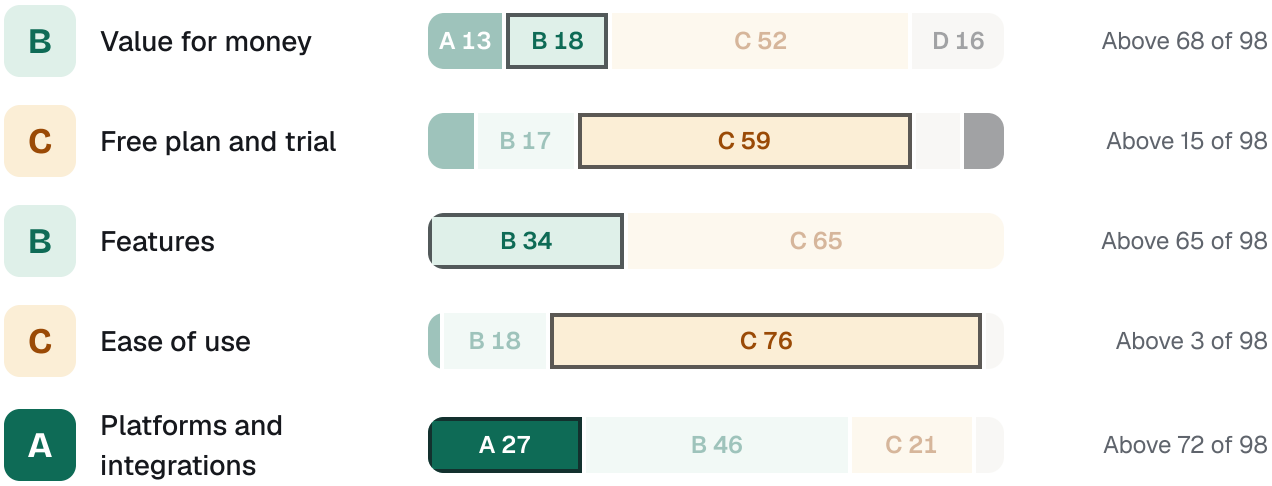
It stands best on platforms and integrations (A, above 72 of 98) and worst on ease of use (C, above 3).

Its paid plans start at $1.99 a month for each person, against a middle price of $6.99 for the category: 2 of the 80 others that charge start lower.

On features, ease of use and platforms it scores 3.0 out of 4, and no tool on the category's chart scores higher without costing more.

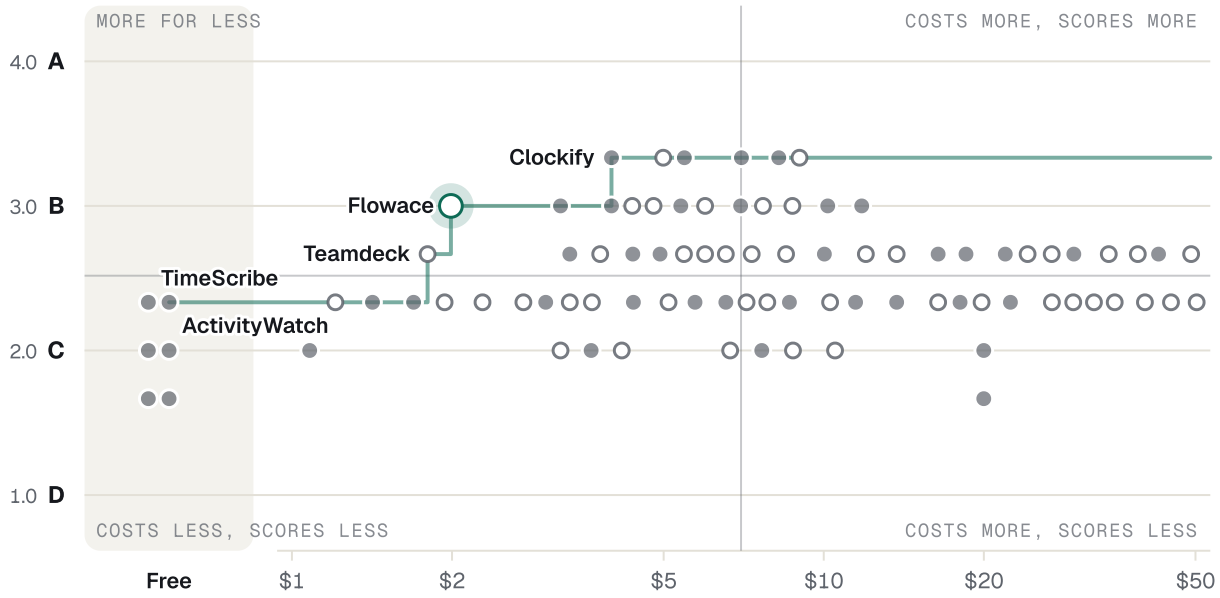
Each grade against the category

Every bar is all 99 time tracking apps we grade, cut by the letter each got. Flowace'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. Flowace 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 Flowace you could make: time tracking, reports and time off. What surrounds it you could not. The 7 things listed below take a company, not a weekend.

It is one of the better ones too: its GPA of 2.8 is higher than 82 of the 98 other time tracking apps we grade. It costs $23.88 a year.

What you could make

- Time tracking, reports and time off: an app builder makes these well.

What you could not

- Clocking in from a phone, checked against where and when.

- A rota the whole staff sees on their phones, with swaps and alerts.
- Connections that pull numbers from dozens of other services.
- Apps for macOS, Windows, Linux, iOS and Android that stay in step with each other.
- It is priced for each person, which means accounts and billing for a team.
- It plugs into other products, ADP Run, ADP Workforce Now and BambooHR among them.
- The depth: we grade its features B, which means it covers the whole job.

What this rests on. Flowace'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



Hubstaff, Time Doctor, DeskTime, ActivTrak and Insightful

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

2.6 GPA

Hubstaff

Free trial · from $4.99/mo

Time tracking with screenshots, activity levels and payroll.

- Only Hubstaff lists a browser extension.
- Flowace also covers shift scheduling, time clock, time off and dashboards.
- Hubstaff also covers tasks and invoicing.

Flowace and Hubstaff compared in full

2.4 GPA

Time Doctor

Free trial · from $6.67/mo

Employee time tracking and workforce analytics for remote teams.

- Only Time Doctor lists a browser extension.
- Flowace also covers shift scheduling, time clock, time off and dashboards.

Flowace and Time Doctor compared in full



2.6
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DeskTime

Free trial · from $6.42/mo

Automatic time tracking and productivity monitoring for teams.

- Flowace also covers shift scheduling, time clock, time off and dashboards.

Flowace and DeskTime compared in full



2.2
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ActivTrak

Free plan · from $10/mo

Workforce analytics that tracks activity and work time automatically.

- ActivTrak has a free plan. Flowace does not, though it has a free trial.
- Only Flowace lists Windows, macOS, Linux, iOS and Android apps.
- Flowace also covers shift scheduling, time clock and time off.

Flowace and ActivTrak compared in full



2.2
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Insightful

Free trial · from $8/mo

Workforce analytics with automatic time tracking and attendance.

- Only Flowace lists iOS and Android apps.
- Flowace also covers shift scheduling, time clock and time off.

Flowace and Insightful compared in full

PART 06 · QUESTIONS

Quick answers

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

11

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 Flowace free?

No, Flowace is a paid product, but you can try it first. 7-day free trial, no credit card required.

How much does Flowace cost?

Flowace lists 4 plans. Basic: $1.99 per user / month, billed annually.

What platforms does Flowace work on?

Flowace is available on Web, Windows, macOS, Linux, iOS and Android.

Does Flowace offer any discounts?

Flowace publicly lists the following: Save up to 30% with yearly billing.

Is Flowace open source?

Flowace is not described as open source on its own site, as read on Nov 13, 2026.

What does Flowace integrate with?

Flowace's listing names ADP Run, ADP Workforce Now, BambooHR, Breathe HR, 7shifts, AlexisHR and Agendrix.

Who makes Flowace?

Flowace is made by a company of the same name.

What are the alternatives to Flowace?

The closest alternatives to Flowace in our directory are Hubstaff, Time Doctor, DeskTime, ActivTrak and Insightful.

How does Flowace compare with other time tracking apps?

Flowace's GPA of 2.8 is higher than 82 of the 98 other time tracking apps we grade, and level with 6.

Is Flowace good value for money?

ToolGPA grades Flowace B for value for money. Its paid plans start at $1.99 a month for each person, against a middle price of $6.99 for the category: 2 of the 80 others that charge start lower.

Could I make my own version of Flowace?

The plain part of Flowace you could make: time tracking, reports and time off.

Where this guide comes from

The prices, plans, platforms and features were read from Flowace'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 Flowace'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 Flowace. Prices change, so check flowace.ai before you buy.

flowace.ai/

flowace.ai/pricing/

flowace.ai/integrations/

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

Flowace, kept up to date

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

toolgpa.com/tools/flowace

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, "Flowace: The Insider's Guide",
checked Nov 13, 2026.
https://toolgpa.com/tools/flowace
```

Know someone choosing between time tracking apps?

Send them this guide: toolgpa.com/tools/flowace/guide

ToolGPA elsewhere: youtube.com/@toolgpa

See our other guides

The best-graded time tracking apps after Flowace, 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

3.4 GPA

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 Flowace'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. Flowace is a trademark of its owner, and this guide is not made, paid for or approved by Flowace. Prices and plans change: check flowace.ai before you buy.