ToolGPA

NOVEMBER 2026

Gyroscope

The Insider's Guide

Health and life tracking app with an AI coach and a health score

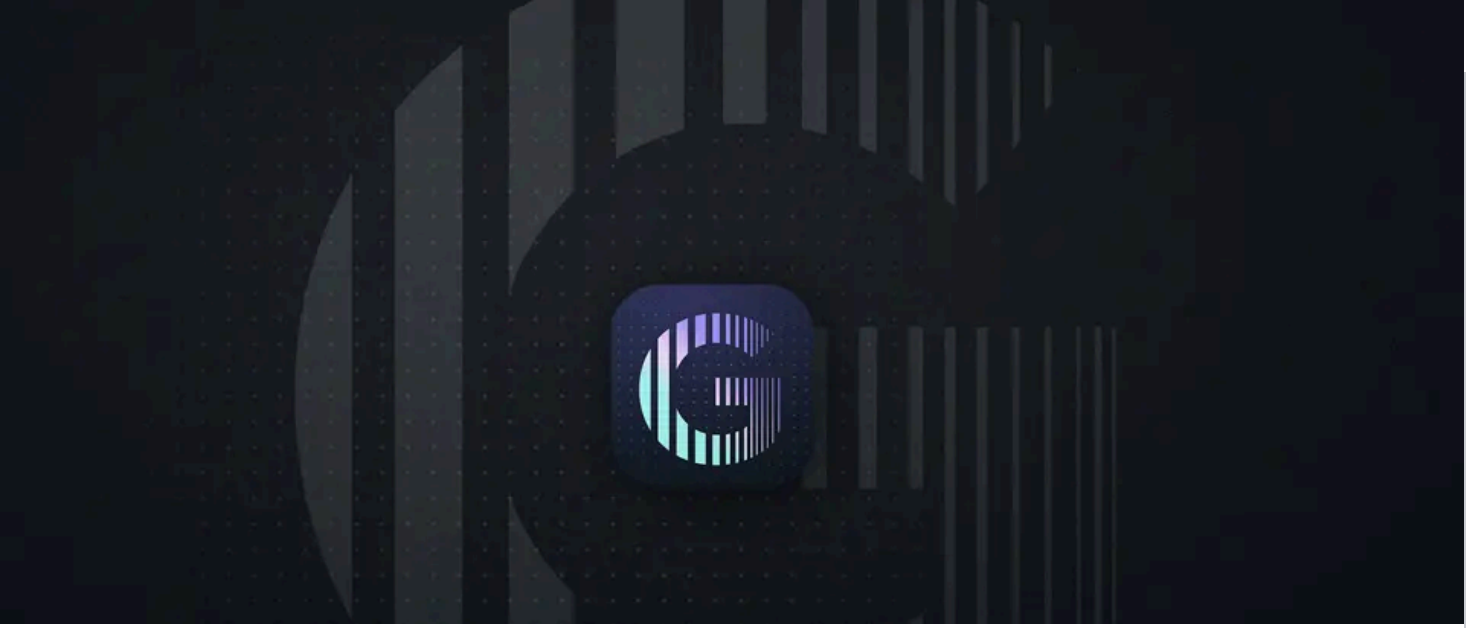


Every plan, grade, refund rule and rival among habit trackers, read from Gyroscope's own pages.

Made by Gyroscope Innovations, Inc. · checked Nov 13, 2026 · toolgpa.com

2.2

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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 Gyroscope's own pages, its app-store listings and our grades. Every fact in it is on Gyroscope'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

2.2

GPA, above 10 of the 64 other habit trackers we grade

Gyroscope collects sleep, heart, steps, food, workout and bodyfat data from Apple Watch, Oura, Garmin, Whoop and other devices, and combines it into a single health score. A paid membership adds an AI personal coach and guided workouts. It also offers a library of habits to test against your own data.

To get you started, here are **7 things to know about Gyroscope**, taken from its own pages and our grades.

> **The AI coach and guided features sit behind paid memberships whose prices the site doesn't show, and Android isn't mentioned.**
>
> From our report card of Gyroscope

1 **Best for one health score from your wearables**

Gyroscope pulls sleep, heart, steps and food data from Apple Watch, Oura, Garmin and others into one health score.

2 **It runs on iOS**

iOS, with a browser extension too.

3 **Health Score**

Combines sleep, heart, steps, food, workouts and bodyfat into one score, with grades and early warnings.

4 **Device sync**

Connects Apple Watch, Oura, Garmin, Whoop, smart scales, glucose sensors and chest straps to log data automatically.

5 **Personal AI coach**

Gyroscope One includes a coach that gives guidance based on your biometrics, plus a bodyfat protocol.

6 **A 2.2 GPA, above 10 of 64**

That is against the other habit trackers we grade, on value, the free plan, features, ease of use and platforms.

7 **Keep it**

The plain part of Gyroscope you could make: habit tracking, goals and mood tracking. What surrounds it you could not. The 5 things listed below take a company, not a weekend.

Gyroscope at a glance

PRICING Free plan	FREE PLAN No
FREE TRIAL None stated	RUNS ON iOS, Browser extension
MADE BY Gyroscope Innovations, Inc., since 2014	CATEGORY Habit Trackers
OUR GRADE 2.2 GPA, fair	

The report card

Best for one health score from your wearables

Gyroscope pulls sleep, heart, steps and food data from Apple Watch, Oura, Garmin and others into one health score. The AI coach and guided features

sit behind paid memberships whose prices the site doesn't show, and Android isn't mentioned.

TOOLGPA REPORT CARD	Gyroscope	Graded Nov 13, 2026
SUBJECT	GRADE	COMMENT
Value for money	C	No membership price on its public pages, so it sits in the middle by default. You can't weigh it against $4.99 for the typical habit tracker.
Free plan and trial	C	The listing describes a free app with paid One and Max memberships, but doesn't say what the free part covers.
Features	C	A health score, device sync, an AI coach, habit tests and food scanning. The coach and most guided features are paid.
Ease of use	C	No store rating on record. You connect your wearables and accounts before the score means anything.
Platforms and integrations	B	iPhone app plus a Chrome new-tab extension, a desktop dashboard and an MCP link, with many device integrations. Android isn't mentioned.
Grade point average		Fair, out of 4.0 **2.2**

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 Gyroscope is for

- ✓ Fits if you wear an Apple Watch, Oura or Garmin and want one score
- ✓ Works for people who like a coach that reads their data

Who it is not for

- ✗ Skip it if you want to know the price first, as no plan prices are shown
- ✗ Not for you if you're on Android, which the pages don't mention
- ✗ Tight if you want the coach on a free plan, because it's paid
- ✗ Watch out: most guided features sit on the One and Max memberships

Good to know

Good for

- ✓ People who wear a tracker and want one dashboard for the data
- ✓ Health goals such as sleep, bodyfat or strength
- ✓ Trying a habit and seeing its effect on real numbers

Worth knowing

- ⓘ Membership prices are not shown to visitors on its public pages, so no plan prices are listed here.
- ⓘ Its pages list an iPhone app and a Chrome new-tab extension; Android is not mentioned.
- ⓘ The AI coach and most guided features are part of the paid Gyroscope One and Max memberships.

What it costs

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

Gyroscope's current pricing could not be confirmed from its own site.

> **No membership price on its public pages, so it sits in the middle by default.**
>
> From our grade for value for money

We could not confirm Gyroscope's current prices from its own site, so this guide lists no plans. gyrosco.pe has them.

What it does

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

2

Places it runs: iOS and Browser extension

Health and life tracking app with an AI coach and a health score. Here is what it does, as its own site describes it, and what it covers: AI features, habit tracking, goals, mood tracking.

> **A health score, device sync, an AI coach, habit tests and food scanning.**

From our grade for features

Health Score

Combines sleep, heart, steps, food, workouts and bodyfat into one score, with grades and early warnings.

Device sync

Connects Apple Watch, Oura, Garmin, Whoop, smart scales, glucose sensors and chest straps to log data automatically.

Personal AI coach

Gyroscope One includes a coach that gives guidance based on your biometrics, plus a bodyfat protocol.

Labs for testing habits

Offers a library of habits to try, then compares what changes in your own tracked data.

Food XRAY

Estimates macros, calories and micronutrients for a meal from a photo and grades it.

Mind and digital tracking

Tracks mood, energy, stress and meditation, and phone and computer screen time alongside body data.

Where it runs

iOS · Browser extension

What it works with

Apple Watch · Oura · Garmin · Whoop · Withings · Dexcom · Polar · Wahoo

Gyroscope is made by Gyroscope Innovations, Inc., and has been around since 2014.

PART 04 · STANDING

Where it stands

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

10/64

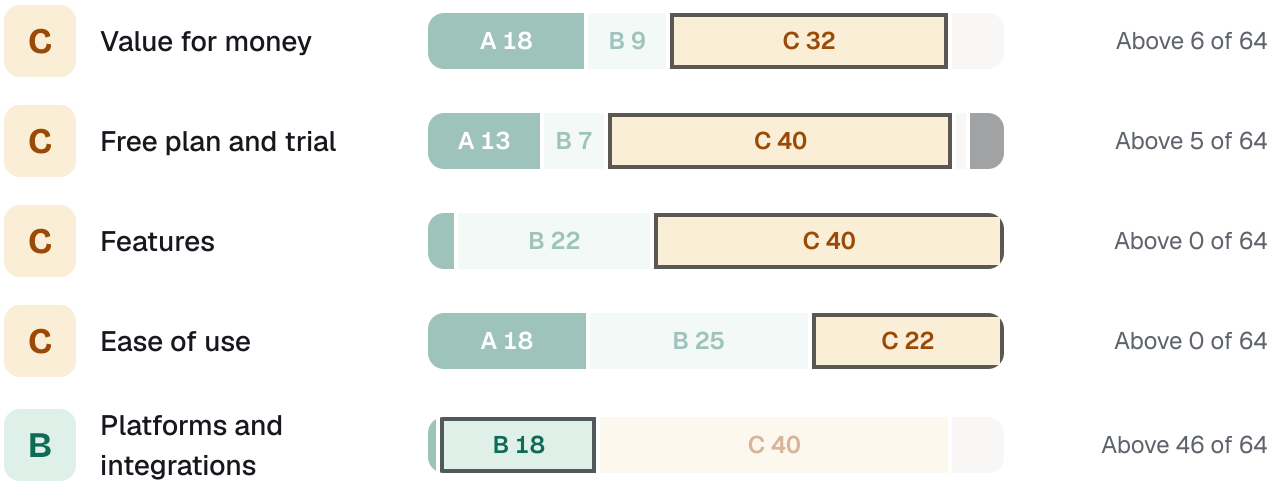
Other habit trackers it is graded above

Gyroscope's GPA of 2.2 is higher than 10 of the 64 other habit trackers we grade, and level with 8.

It stands best on platforms and integrations (B, above 46 of 64) and worst on features (C, above 0).

Each grade against the category

Every bar is all 65 habit trackers we grade, cut by the letter each got. Gyroscope's own letter is outlined.



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 Gyroscope you could make: habit tracking, goals and mood tracking. What surrounds it you could not. The 5 things listed below take a company, not a weekend.

That makes this kind of software worth paying for, not this one in particular: 46 of the 64 other habit trackers grade higher.

What you could make

- Habit tracking, goals and mood tracking: an app builder makes these well.

What you could not

- A real app for iOS. Something home-made would be a web page.
- It plugs into other products, Apple Watch, Oura and Garmin among them.
- AI features, unless you pay a model provider for each request yourself.
- People on the other end: coaches. No app builder makes those.
- Hooks into the device itself: an Apple Watch app.

What this rests on. Gyroscope'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



Streaks, Habitify, Beeminder, Finch and Fabulous

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

2.4 GPA

Streaks

From $5.99 one-time

Habit tracker for Apple devices built around daily streaks.

- Only Gyroscope lists a browser extension.
- Only Streaks lists a macOS app.
- Streaks can be bought with a one-time purchase.

Gyroscope and Streaks compared in full

2.8 GPA

Habitify

Free plan · from $29.99/yr

Cross-platform habit tracker with health-data sync and an API.

- Habitify has a free plan. Gyroscope does not.
- Only Gyroscope lists a browser extension.
- Only Habitify lists a web app.

Gyroscope and Habitify compared in full



2.4
GPA

Beeminder

Free plan · from $8/mo

Goal tracker that charges you money when you fall behind.

- Beeminder has a free plan. Gyroscope does not.
- Only Gyroscope lists a browser extension.
- Only Beeminder lists a web app.

Gyroscope and Beeminder compared in full



3.4
GPA

Finch

Free plan · from $5.99

Self-care app that ties daily goals to a virtual pet bird.

- Finch has a free plan. Gyroscope does not.
- Only Gyroscope lists a browser extension.
- Only Finch lists an Android app.

Gyroscope and Finch compared in full



2.4
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Fabulous

Free plan · from $16.99

Habit and routine coaching app built on guided Journeys.

- Fabulous has a free plan. Gyroscope does not.
- Only Gyroscope lists a browser extension.
- Only Fabulous lists an Android app.

Gyroscope and Fabulous 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 Gyroscope free?

Gyroscope has a free plan.

What platforms does Gyroscope work on?

Gyroscope is available on iOS. It also has a browser extension.

Does Gyroscope have an Android app?

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

Does Gyroscope have a Windows app?

No Windows app was listed when its pages were read on Nov 13, 2026. Gyroscope is listed for iOS.

Is Gyroscope open source?

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

What does Gyroscope integrate with?

Gyroscope's listing names Apple Watch, Oura, Garmin, Whoop, Withings, Dexcom, Polar and Wahoo.

Who makes Gyroscope?

Gyroscope is made by Gyroscope Innovations, Inc. It dates from 2014.

What are the alternatives to Gyroscope?

The closest alternatives to Gyroscope in our directory are Streaks, Habitify, Beeminder, Finch and Fabulous.

How does Gyroscope compare with other habit trackers?

Gyroscope's GPA of 2.2 is higher than 10 of the 64 other habit trackers we grade, and level with 8.

Could I make my own version of Gyroscope?

The plain part of Gyroscope you could make: habit tracking, goals and mood tracking.

Where this guide comes from

The prices, plans, platforms and features were read from Gyroscope'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 Gyroscope'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 Gyroscope Innovations, Inc. Prices change, so check gyrosco.pe before you buy.

gyrosco.pe/
gyrosco.pe/one/
gyrosco.pe/products/

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

Gyroscope, kept up to date

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

toolgpa.com/tools/gyroscope

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, "Gyroscope: The Insider's Guide",
checked Nov 13, 2026.
https://toolgpa.com/tools/gyroscope
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Know someone choosing between habit trackers?

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

ToolGPA elsewhere: youtube.com/@toolgpa

See our other guides

The best-graded habit trackers after Gyroscope, each with an Insider's Guide of its own.

Habit Trackers Insider's Guide

Every one of the 65 habit trackers we grade, compared



Finch Insider's Guide

Self-care app that ties daily goals to a virtual pet bird

3.4 GPA



Habitica Insider's Guide

Habit and task tracker that works like a role-playing game

3.4 GPA



Habit Star Insider's Guide

Habit and routine app for iPhone, iPad and Apple Watch

3.2 GPA

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Choosing software? Every tool graded, every price dated.

Compare tools at toolgpa.com ›

Everything in this guide is ToolGPA's own summary of what Gyroscope'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. Gyroscope is a trademark of its owner, and this guide is not made, paid for or approved by Gyroscope Innovations, Inc. Prices and plans change: check gyrosco.pe before you buy.