ToolGPA

NOVEMBER 2026

Reframe

The Insider's Guide

Alcohol-reduction app with a 160-day program and community



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

Made by Glucobit Inc. · checked Nov 12, 2026 · toolgpa.com

2.0
GPA



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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 Reframe's own pages, its app-store listings and our grades. Every fact in it is on Reframe's page too, where it is kept up to date. Checked Nov 12, 2026.

Welcome

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

2.0

GPA, above 1 of the 48 other habit trackers we grade

Reframe is an app for people who want to cut back on or quit drinking. It combines an education program, progress tracking, a private community and a toolkit for cravings. One-on-one Thrive Coaching is sold as an add-on to the app subscription.

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

> **No rating on record, but you install an app and follow the program with nothing to set up.**
>
> From our grade for ease of use

1 **Best for a 160-day program for drinking less**

The vendor says it is not made to treat alcohol use disorder.

2 **Paid plans start at $8.33 a month when paid by the year**

As its pricing page puts it: $100 per year, billed annually, after a 7-day free trial.

3 **You can try it first**

7-day free trial for new users.

4 **It runs on 2 platforms**

iOS and Android.

5 **160-day program**

The App Store listing describes a core 160-day, evidence-based education program with daily tasks.

6 **Progress tracking**

Tracks alcohol-free days and drinking changes over time.

7 **Private community**

A private community with specialized groups and daily meetings or check-ins.

8 **A 2.0 GPA, above 1 of 48**

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

9 **Keep it**

The plain part of Reframe you could make: habit tracking. What surrounds it you could not. The 3 things listed below take a company, not a weekend.

Reframe at a glance

PRICING
Free trial, from $100 per year, billed annually, after a 7-day free trial

FREE PLAN
No

FREE TRIAL
7-day free trial for new users.

RUNS ON
iOS, Android

MADE BY
Glucobit Inc.

CATEGORY
Habit Trackers

OUR GRADE
2.0 GPA, fair

The report card

Best for a 160-day program for drinking less

Reframe is a phone app built around a 160-day program for cutting down on alcohol, with tracking, a community and a craving toolkit. It has no free plan,

only a 7-day trial, and at about $100 a year it costs well over the category middle. The vendor says it is not made to treat alcohol use disorder.

TOOLGPA REPORT CARD	Reframe	Graded Nov 12, 2026
SUBJECT	GRADE	COMMENT
Value for money	D	$100 a year, about $8.33 a month, against a category middle of $4.16 and a dearest tenth that starts at $9.99. The App Store shows annual prices up to $119.99 and Thrive Coaching costs extra.
Free plan and trial	C	No free plan. A 7-day trial for new users, and the pages read do not say whether a card is needed.
Features	C	A 160-day program, progress tracking, community, craving tools and courses. It does that job in full, but it is one narrow job, drinking less.
Ease of use	B	No rating on record, but you install an app and follow the program with nothing to set up.
Platforms and integrations	C	iOS and Android only. The FAQ says a web version is in the works, and no integrations are listed.
Grade point average		Fair, out of 4.0 **2.0**

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 Reframe is for

- ✓ Fits if you want a structured day-by-day program for drinking less
- ✓ Works for people who want a community alongside the tracking

Who it is not for

- ✕ Skip it if you want a free plan, because there is only a 7-day trial
- ✕ Pricey if you pay the annual fee, about $100 a year, and coaching is extra
- ✕ Not for you if you need treatment for alcohol use disorder, as the vendor says it is not designed for that
- ✕ Watch out: no web version yet, and Thrive Coaching's price is not stated

Good to know

Good for

- ✓ People who want a structured program for drinking less or quitting
- ✓ Anyone who wants community support alongside tracking

Worth knowing

- ⓘ No free plan: the vendor FAQ says there is no freemium model, only a 7-day trial.
- ⓘ Thrive Coaching costs extra; its price is not stated on the pages read.
- ⓘ The vendor says it is not designed to treat alcohol use disorder.
- ⓘ Available on iOS and Android; the FAQ says a web version is in the works.

PART 02 · PRICING

What it costs

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

$8.33

A month to start, paid by the year

Reframe is a paid product with a free trial, starting at $100 per year, billed annually, after a 7-day free trial.

REFRAME PREMIUM

$100

per year, billed annually

The vendor FAQ says $100 a year; the App Store listing shows several annual prices from $59.99 to $119.99 and a $19.99 monthly entry. Thrive Coaching is an extra.

Trying it first

7-day free trial for new users.

Read from joinreframeapp.com on Nov 12, 2026.

PART 03 · FEATURES

What it does

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

2

Places it runs: iOS and Android

Alcohol-reduction app with a 160-day program and community. Here is what it does, as its own site describes it, and what it covers: habit tracking, community.

> **It does that job in full, but it is one narrow job, drinking less.**

From our grade for features

160-day program

The App Store listing describes a core 160-day, evidence-based education program with daily tasks.

Progress tracking

Tracks alcohol-free days and drinking changes over time.

Private community

A private community with specialized groups and daily meetings or check-ins.

Craving toolkit

Meditations, games and other tools to use when a craving hits.

Courses

Recorded and live video courses on topics around drinking less.

Thrive Coaching add-on

One-on-one coaching with a certified coach, sold as an add-on to the Premium membership.

Where it runs

iOS Android

What it works with

Its own pages name no integrations.

Reframe is made by Glucobit Inc.

Where it stands

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

1/48

Other habit trackers it is graded above

Reframe's GPA of 2.0 is higher than 1 of the 48 other habit trackers we grade, and level with 3.

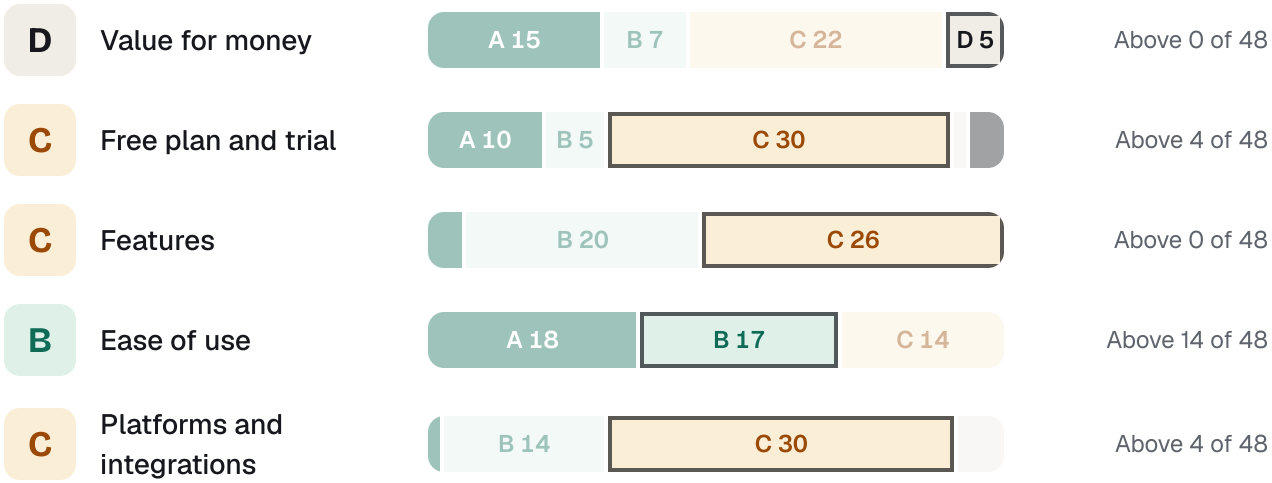
It stands best on ease of use (B, above 14 of 48) and worst on value for money (D, above 0).

Its paid plans start at $8.33 a month when paid by the year, against a middle price of $2.92 for the category: 29 of the 32 others that charge start lower.

On features, ease of use and platforms it scores 2.3 out of 4. 19 tools score higher and cost less.

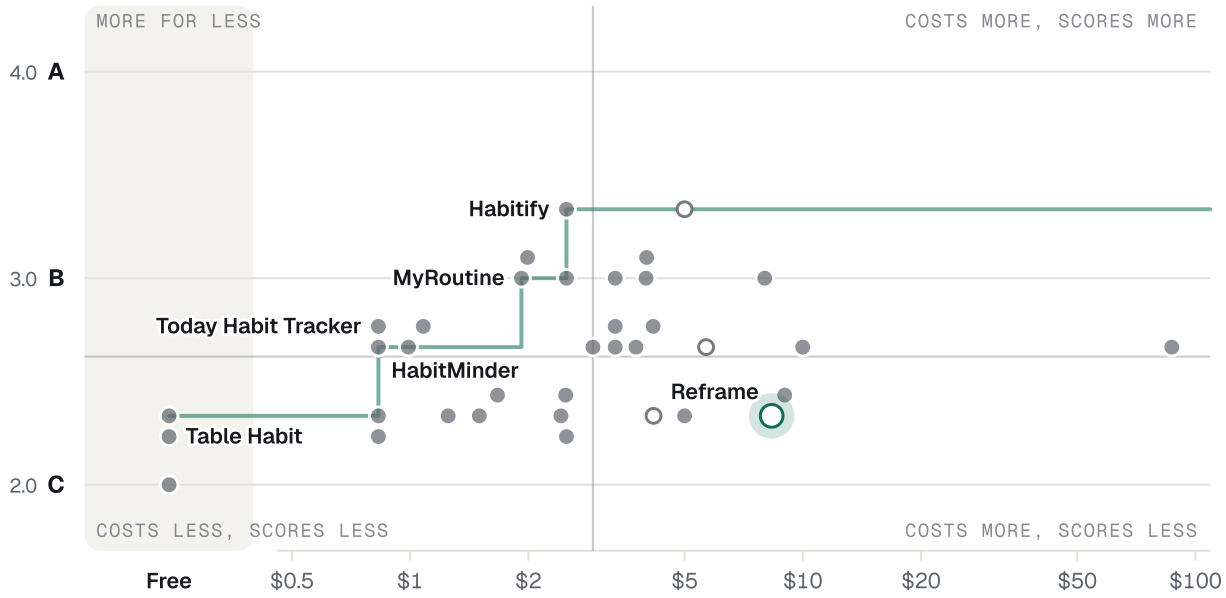
Each grade against the category

Every bar is all 49 habit trackers we grade, cut by the letter each got. Reframe's own letter is outlined.



Price against what you get

Each dot is one of 36 habit trackers. Further left costs less; higher up scores better on features, ease of use and platforms. Reframe 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 Reframe you could make: habit tracking. What surrounds it you could not. The 3 things listed below take a company, not a weekend.

That makes this kind of software worth paying for, not this one in particular: 44 of the 48 other habit trackers grade higher. It costs $100 a year.

What you could make

- Habit tracking: an app builder makes this well.

What you could not

- A members' space with posts, chat and events that people keep coming back to.
- A real app for iOS and Android. Something home-made would be a web page.
- People on the other end: coaches. No app builder makes those.

What this rests on. Reframe'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



I Am Sober, Quitzilla, Finch, Habitify and Fabulous

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

2.8 GPA

I Am Sober

Free plan · from $9.99/mo

Sobriety counter with daily pledges and a recovery community.

- I Am Sober has a free plan. Reframe does not, though it has a free trial.
- Reframe also covers community.
- I Am Sober also covers daily notes.

Reframe and I Am Sober compared in full

2.2 GPA

Quitzilla

Free plan · from $5.99/mo

Quit tracker that counts sober time and money saved per habit.

- Quitzilla has a free plan. Reframe does not, though it has a free trial.
- Quitzilla can be bought with a one-time purchase.
- Reframe also covers community.

Reframe and Quitzilla 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. Reframe does not, though it has a free trial.
- Reframe also covers community.
- Finch also covers daily notes, goals and mood tracking.

Reframe and Finch 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. Reframe does not, though it has a free trial.
- Only Habitify lists a web app.
- Only Habitify lists a macOS app.

Reframe and Habitify compared in full



2.4
GPA

Fabulous

Free plan · from $16.99

Habit and routine coaching app built on guided Journeys.

- Fabulous has a free plan. Reframe does not, though it has a free trial.
- Reframe also covers community.
- Fabulous also covers daily notes and goals.

Reframe and Fabulous 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 Reframe free?

No, Reframe is a paid product, but you can try it first. 7-day free trial for new users.

How much does Reframe cost?

Reframe lists one plan. Reframe Premium: $100 per year, billed annually.

What platforms does Reframe work on?

Reframe is available on iOS and Android.

Does Reframe have a Windows app?

No Windows app was listed when its pages were read on Nov 12, 2026. Reframe is listed for iOS and Android.

Does Reframe have a macOS app?

No macOS app was listed when its pages were read on Nov 12, 2026. Reframe is listed for iOS and Android.

Is Reframe open source?

Reframe is not described as open source on its own site, as read on Nov 12, 2026.

Who makes Reframe?

Reframe is made by Glucobit Inc.

What are the alternatives to Reframe?

The closest alternatives to Reframe in our directory are I Am Sober, Quitzilla, Finch, Habitify and Fabulous.

How does Reframe compare with other habit trackers?

Reframe's GPA of 2.0 is higher than 1 of the 48 other habit trackers we grade, and level with 3.

Is Reframe good value for money?

ToolGPA grades Reframe D for value for money. Its paid plans start at $8.33 a month when paid by the year, against a middle price of $2.92 for the category: 29 of the 32 others that charge start lower.

Could I make my own version of Reframe?

The plain part of Reframe you could make: habit tracking. What surrounds it you could not.

Where this guide comes from

The prices, plans, platforms and features were read from Reframe's own pages on Nov 12, 2026, and the grades were given on Nov 12, 2026. Graded from this listing, whose facts were read from Reframe's own pages on 12 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 Glucobit Inc. Prices change, so check reframeapp.com before you buy.

reframeapp.com/
joinreframeapp.com/help/pricing-and-subscription
play.google.com/store/apps/details?id=com.gluco…
joinreframeapp.com/faq
apps.apple.com/us/app/reframe-drink-less-thrive…

PART 07 · ABOUT

About ToolGPA

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

5,038

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**.

5,038	95	739	579
tools graded	categories	price changes on record	apps priced in 12 countries

What else is on toolgpa.com

Reframe, kept up to date

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

toolgpa.com/tools/reframe

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, "Reframe: The Insider's Guide",
checked Nov 12, 2026.
https://toolgpa.com/tools/reframe
```

Know someone choosing between habit trackers?

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

ToolGPA elsewhere: youtube.com/@toolgpa

See our other guides

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

Habit Trackers Insider's Guide

Every one of the 49 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



Disciplined Insider's Guide

Minimal habit tracker built around daily streaks

3.0 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 Reframe'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. Reframe is a trademark of its owner, and this guide is not made, paid for or approved by Glucobit Inc. Prices and plans change: check reframeapp.com before you buy.