ToolGPA

NOVEMBER 2026

Sober Time

The Insider’s Guide

Sobriety counter with milestones, journaling and a recovery forum



Every plan, grade, refund rule and rival among habit trackers, read from Sober Time’s own pages.

Made by Sociosoftware LLC · checked Nov 13, 2026 · toolgpa.com

2.4
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 Sober Time's own pages, its app-store listings and our grades. Every fact in it is on Sober Time'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

2.4

GPA, above 19 of the 64 other habit trackers we grade

Sober Time is a sobriety tracker for iPhone and Android that counts time since you quit, down to the second, for as many addictions as you want to track. It adds milestone badges, journaling, a money-saved counter and a health timeline, plus a community forum, Talking Sober, inside the app.

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

1 **Best for counting days since you quit**

Sober Time counts the time since you quit, to the second, for each addiction you track, with milestone badges, a journal and a community forum.

2 **Paid plans start at $2.50 a month when paid by the year**

As its pricing page puts it: $4.99 per month, or $29.99 per year.

3 **There is a free plan**

Free to download with in-app purchases for Premium; the listings do not spell out which features are free.

4 **It runs on 2 platforms**

iOS and Android.

5 **Real-time sober counter**

Shows time clean down to the second for any number of addictions, with more than 10 display modes such as total days or heartbeats.

6 **Milestones and goals**

Built-in goals and milestone badges, with the option to add your own goals and get a notification when you reach them.

7 **Journaling and relapse notes**

Journal prompts for reflection, and relapses can be recorded with notes.

8 **A 2.4 GPA, above 19 of 64**

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

9 **Your call**

A habit tracker at its plainest is a list of habits, a tick for each day and a count of the streak.

Sober Time at a glance

PRICING Free plan, from $4.99 per month, or $29.99 per year	FREE PLAN Yes
FREE TRIAL None stated	RUNS ON iOS, Android
MADE BY Sociosoftware LLC	CATEGORY Habit Trackers
OUR GRADE 2.4 GPA, fair	STORE RATING 4.9 on the App Store, 43,477 ratings

The report card

Best for counting days since you quit

Sober Time counts the time since you quit, to the second, for each addiction you track, with milestone badges, a journal and a community forum. The listings don't say which features are free, and Premium is $4.99 a month or $29.99 a year.

TOOLGPA REPORT CARD	Sober Time	Graded Nov 13, 2026

SUBJECT	GRADE	COMMENT
Value for money	B	$29.99 a year is about $2.50 a month, close to the $2.49 where the cheaper quarter ends. Monthly is $4.99, the middle.
Free plan and trial	C	Free to download, but the listings don't say which features need Premium. Google Play shows ads.
Features	C	A live counter, milestones, journaling, money saved, a health timeline and a forum. It tracks and supports but it isn't a treatment service.
Ease of use	B	No verified store rating on record, the site's 4.8 is the maker's claim. Enter a quit date and it counts.
Platforms and integrations	C	iPhone and Android with widgets and Apple Watch. No web or desktop version.
Grade point average		Fair, out of 4.0 **2.4**

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 Sober Time is for

- ✓ Fits if you want a running count of days since you stopped drinking or using
- ✓ Works for people who want a forum alongside the counter

Who it is not for

- ✗ Not for you if you need medical or treatment help, as it's a tracker
- ✗ Watch out: the listings don't say which features are free and which are Premium
- ✗ Watch out: Google Play shows ads and purchases from $0.99 to $49.99
- ✗ Watch out: no web or desktop version

Good to know

Good for

- ✓ People in recovery who want a running count and milestones
- ✓ Anyone who wants peer support in the same app as the counter

Worth knowing

- ⓘ The listings do not say which features are free and which need Premium.
- ⓘ The Google Play listing shows ads and in-app purchases from $0.99 to $49.99 per item.
- ⓘ It is a tracking and community app, not a medical or treatment service.

PART 02 · PRICING

What it costs

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

$2.50

A month to start, paid by the year.
There is a free plan too

Sober Time has a free plan. Paid plans start at $4.99 per month, or $29.99 per year.

> **Free to download, but the listings don't say which features need Premium.**

From our grade for free plan and trial

FREE

$0

Free download on iPhone and Android. The listings do not say which features need Premium.

PREMIUM MONTHLY

$4.99

per month

Monthly subscription as listed in the US App Store in-app purchases.

PREMIUM ANNUAL

$29.99

per year

Yearly subscription; the App Store listing shows annual purchases at $29.99, $39.99 and $49.99.

The free plan

Free to download with in-app purchases for Premium; the listings do not spell out which features are free.

Read from apps.apple.com on Nov 13, 2026.

What it does

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

2

Places it runs: iOS and Android

Sobriety counter with milestones, journaling and a recovery forum. Here is what it does, as its own site describes it, and what it covers: daily notes, habit tracking, goals, community.

"

A live counter, milestones, journaling, money saved, a health timeline and a forum.

From our grade for features

Real-time sober counter

Shows time clean down to the second for any number of addictions, with more than 10 display modes such as total days or heartbeats.

Milestones and goals

Built-in goals and milestone badges, with the option to add your own goals and get a notification when you reach them.

Journaling and relapse notes

Journal prompts for reflection, and relapses can be recorded with notes.

Money saved and health timeline

Enter what you used to spend to see savings grow; a timeline shows general estimates of how the body recovers.

Talking Sober community

A forum inside the app, cared for by volunteer moderators, that you can read without registering an account.

Widgets and Apple Watch

Home-screen widgets and an Apple Watch app show your time at a glance.

Where it runs

iOS Android

What it works with

Its own pages name no integrations.

Sober Time is made by Sociosoftware LLC.

Where it stands

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

19/64

Other habit trackers it is graded above

Sober Time's GPA of 2.4 is higher than 19 of the 64 other habit trackers we grade, and level with 14.

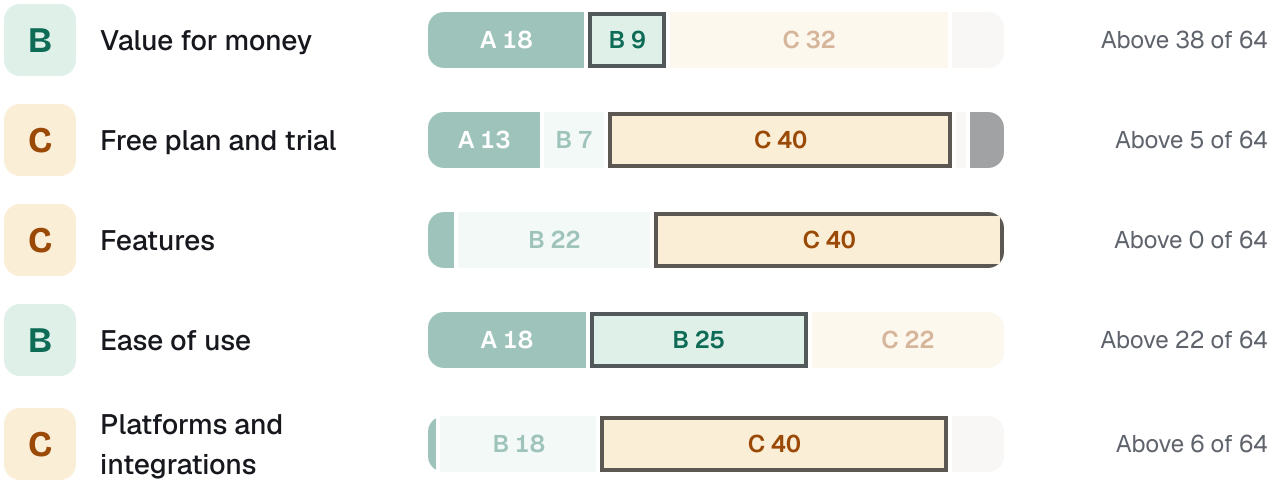
It stands best on value for money (B, above 38 of 64) and worst on features (C, above 0).

Its paid plans start at $2.50 a month when paid by the year, against a middle price of $3.33 for the category: 13 of the 38 others that charge start lower.

On features, ease of use and platforms it scores 2.3 out of 4. 7 tools score higher and cost less.

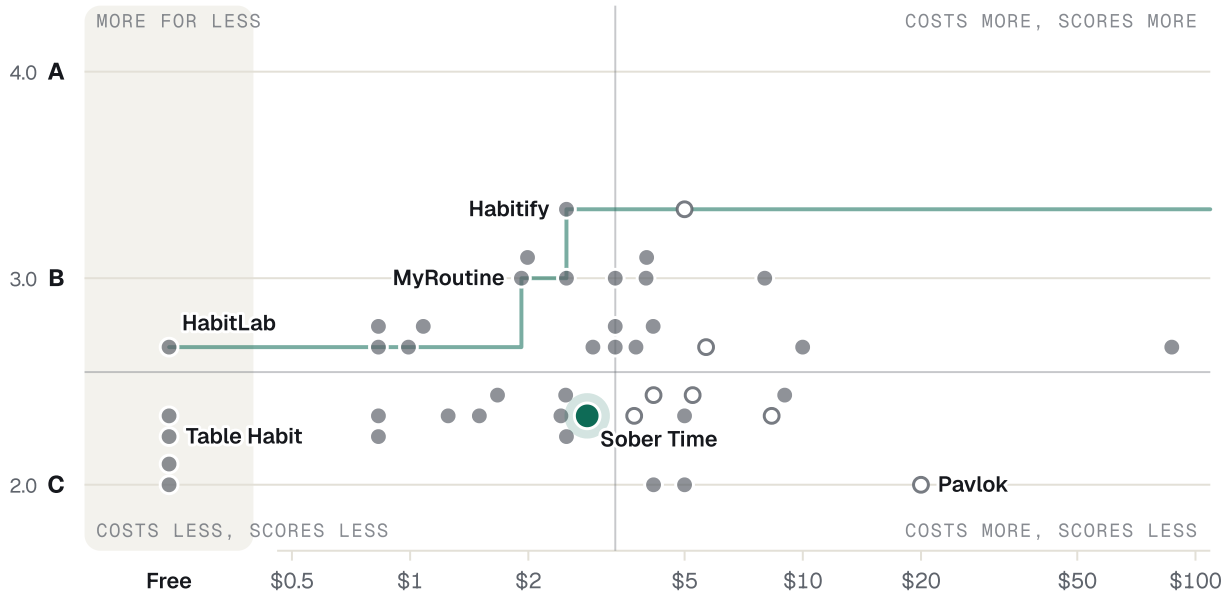
Each grade against the category

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



Price against what you get

Each dot is one of 44 habit trackers. Further left costs less; higher up scores better on features, ease of use and platforms. Sober Time 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.

Your call

A habit tracker at its plainest is a list of habits, a tick for each day and a count of the streak.

You could make the core of Sober Time for yourself: habit tracking, daily notes and goals. What you would give up is listed below. Whether that is worth the price is your call. At $29.99 a year it costs less than the weekend it would take to replace, which is the argument for keeping it.

What you could make

- Habit tracking, daily notes and goals: an app builder makes these 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.
- Hooks into the device itself: an Apple Watch app and widgets.

What this rests on. Sober Time'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, Smoke Free, Reframe, QuitNow and Quitzilla

The 5 tools Sober Time 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.

- Sober Time also covers goals and community.

Sober Time and I Am Sober compared in full

2.6 GPA

Smoke Free

Free plan · from $6.99

Quit-smoking app with progress tracking, missions and an AI coach.

- Sober Time also covers daily notes and goals.
- Smoke Free also covers chat assistant.

Sober Time and Smoke Free compared in full



2.0
GPA

Reframe

Free trial · from $100/yr

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

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

Sober Time and Reframe compared in full



2.4
GPA

QuitNow

Free plan · from $5.49

Quit-smoking tracker with a community chat and health milestones.

- Sober Time also covers daily notes.

Sober Time and QuitNow 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 can be bought with a one-time purchase.
- Sober Time also covers daily notes, goals and community.

Sober Time and Quitzilla compared in full

PART 06 · QUESTIONS

Quick answers

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

12

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 Sober Time free?

Sober Time has a free plan. Free to download with in-app purchases for Premium; the listings do not spell out which features are free.

How much does Sober Time cost?

Sober Time lists 3 plans. Free: $0.

What platforms does Sober Time work on?

Sober Time is available on iOS and Android.

How is Sober Time rated?

Sober Time's iPhone and iPad app averages 4.9 out of 5 from 43,477 ratings on the App Store in the United States, as read on Nov 13, 2026.

Does Sober Time have a Windows app?

No Windows app was listed when its pages were read on Nov 13, 2026. Sober Time is listed for iOS and Android.

Does Sober Time have a macOS app?

No macOS app was listed when its pages were read on Nov 13, 2026. Sober Time is listed for iOS and Android.

Is Sober Time open source?

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

Who makes Sober Time?

Sober Time is made by Sociosoftware LLC.

What are the alternatives to Sober Time?

The closest alternatives to Sober Time in our directory are I Am Sober, Smoke Free, Reframe, QuitNow and Quitzilla.

How does Sober Time compare with other habit trackers?

Sober Time's GPA of 2.4 is higher than 19 of the 64 other habit trackers we grade, and level with 14.

Is Sober Time good value for money?

ToolGPA grades Sober Time B for value for money. Its paid plans start at $2.50 a month when paid by the year, against a middle price of $3.33 for the category: 13 of the 38 others that charge start lower.

Could I make my own version of Sober Time?

A habit tracker at its plainest is a list of habits, a tick for each day and a count of the streak.

Where this guide comes from

The prices, plans, platforms and features were read from Sober Time'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 Sober Time'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 Sociosoftware LLC. Prices change, so check sobertime.app before you buy.

sobertime.app

play.google.com/store/apps/details?id=com.socio…

apps.apple.com/us/app/sober-time-sobriety-coun…

PART 07 · ABOUT

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

Sober Time, kept up to date

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

toolgpa.com/tools/sober-time

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, "Sober Time: The Insider's Guide",
checked Nov 13, 2026.
https://toolgpa.com/tools/sober-time
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Know someone choosing between habit trackers?

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

ToolGPA elsewhere: youtube.com/@toolgpa

See our other guides

The best-graded habit trackers after Sober Time, 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

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 Sober Time'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. Sober Time is a trademark of its owner, and this guide is not made, paid for or approved by Sociosoftware LLC. Prices and plans change: check sobertime.app before you buy.