

How to Set a Daily Reminder on Your Phone

iPhone

1. Find the Reminders app (white icon with a list) and tap it.
2. Tap the blue + button at the bottom.
3. Type what you want to remember (like "Take vitamins").
4. Tap the date/time icon (looks like a clock).
5. Turn on "Remind me on a day".
6. Pick the time you want.
7. Turn on "Repeat" and choose "Every Day".
8. Tap Add or Done.

You're all set! 🎉

Android

1. Find the Clock app (white icon with a clock) and tap it.
2. Tap Alarm at the bottom (or find the Reminders/Assistant app if your phone has one).
3. Tap the + button.
4. Pick the time you want.
5. Tap Repeat and choose Every day.
6. Type a label (like "Take vitamins") so you remember why.
7. Tap Save or the checkmark.

You're all set! 🎉

Tip

If typing is hard, most phones let you say:

"Hey Siri, remind me to [do a thing] every day at [time]" (iPhone)

"Hey Google, remind me to [do a thing] every day at [time]" (Android)