

FREE PROVIDER-NEUTRAL TEST



Airplane Mode Day

Observe the behaviour. Keep the conclusion narrow.

Made by the Vibbrancy team · about 10 minutes · completed results stay private

FICTIONAL EXAMPLE ONLY

3/5 · calm · made tea

1

Prepare a fictional example

Do not use a real mood, journal, health, therapy, or identifying detail.

2

Disconnect

Enable airplane mode and confirm Wi-Fi is off.

☐ done ☐ not clear

3

Create the synthetic entry

Record only whether saving appeared to work.

☐ worked ☐ did not ☐ unclear

4

Close and reopen

Look only for the fictional entry.

☐ worked ☐ did not ☐ unclear

5

Edit or delete, if available

Try it on the synthetic entry only.

☐ worked ☐ did not ☐ unavailable

6

Reconnect and observe

Record visible change without guessing why.

☐ changed ☐ unchanged ☐ unclear

WHAT THIS CAN SHOW

Whether tested actions appeared to depend on connectivity at that moment, on that device, in that app version.

WHAT THIS CANNOT PROVE

Where data is stored; whether data ever leaves the device; privacy as a whole; tracker absence; security; legal compliance; or clinical suitability.

Delete the fictional entry if possible. Keep this completed sheet private. vibbrancy.app/tools/airplane-mode-day/