

SURVIVOR WARRIOR RECOVERY COMPANION

A private recovery reflection and milestone companion created to support stroke survivors through healing, progress tracking, encouragement, and personal growth.

How To Add Recovery Companion To Your iPhone Home Screen

Step 1

Open the Recovery Companion page in Safari on your iPhone.

Step 2

Tap the Share button at the bottom of Safari.
(The square with the arrow pointing upward.)

Step 3

Scroll down and tap:
Add to Home Screen

Step 4

Rename it if you would like:
Survivor Warrior
or
Recovery Companion

Step 5

Tap Add

Your Recovery Companion will now appear on your iPhone like an app icon for quick daily access.

Important Information

- Your entries are saved privately within your browser on your personal device
- Information is not currently stored in the cloud or on external servers
- Reflections, milestones, planner notes, and check-ins remain local to your device/browser
- Clearing browser history, website data, cache, or storage may permanently remove your saved information
- Switching devices or browsers will not automatically transfer your saved entries
- For best results, use the same browser and device consistently

Recovery is personal. Every step forward matters.

Craig Ames
Stroke Survivor 2020