

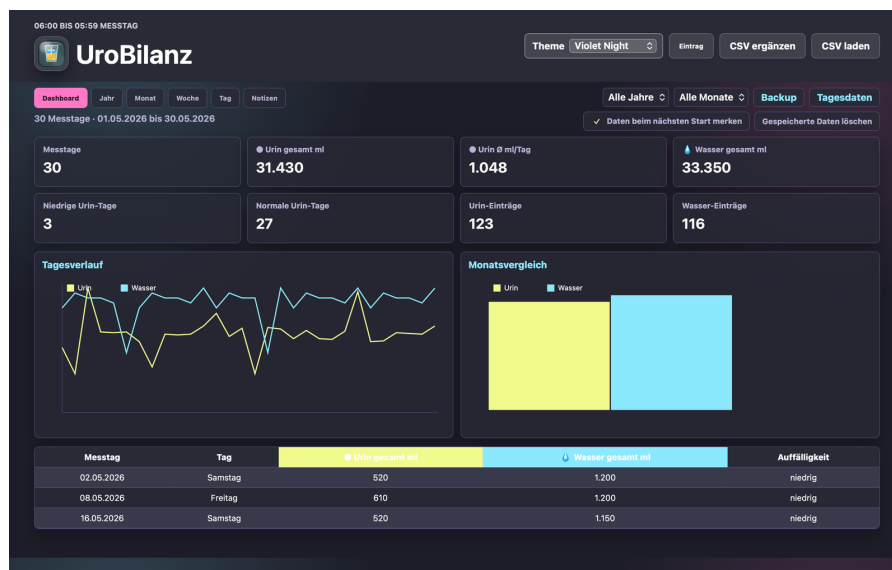


UroBilanz User Manual

A clear guide to your local urine and fluid record

UroBilanz helps you organize and review local record data. This complete manual covers first use, every view, input field, control, export, and privacy boundary.

English | July 2026 edition



UroBilanz - web app with synthetic demo data

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1. Purpose, limits, and platforms

UroBilanz is a local logging and review tool for urine, water, and note entries. It does not create diagnoses or provide medical recommendations. The web app and macOS app use the same core functions.

- Load CSV: import an original Urinote CSV or daily-data CSV locally.
- Entry: record urine, water, or a note manually.
- Views: compare Dashboard, Year, Month, Week, Day, and Rules.
- Keep copies: export data locally as a backup, daily data, or JSON.

2. Screen map and controls

Function	Location and effect
Load CSV	Top right and in the empty start view. Opens a local file dialog; the file stays on your device.
Merge CSV	Top right. Adds new entries from another original Urinote CSV and skips entries already present.
Entry	Top right. Opens manual entry for urine, water, and notes.
Dashboard / Year / Month / Week / Day / Rules	Tabs on the left of the toolbar. They only change the local presentation of loaded data.
Year and Month	Filters on the right of the toolbar. Limit visible tables and charts to the selected period.
Filter day list	In the Day view. Searches visible types, individual and daily amounts, times, and notes, then shows measurement days with urine, water, or note entries of the selected type. For example, `Urine 870` finds a measurement day with that total urine amount. The complete values for a matching measurement day remain visible; evaluations, reports, and exports do not change.
Backup	Menu on the right: save a complete backup, daily backup, or JSON export locally.
Medical report	Right side of the toolbar. Choose a period and contents for a local print-friendly report.
Remember data / Delete saved data	Below the toolbar. Saves the loaded CSV only locally in the browser or macOS app, or removes it again.
Install web app	Start `Start_Urinprotokoll.command` in the web app first. The browser can then install the PWA. Its offline cache contains only app files, never CSV or measurement data.
Theme and Language	Top right. Change appearance or visible language, never measurement data.

06:00 BIS 06:59 MESSTAG

UroBilanz

Theme

Violet Night

Eintrag

CSV ergänzen

CSV laden

Dashboard

Jahr

Monat

Woche

Tag

Notizen

Alle Jahre

Alle Monate

Backup

Tagesdaten

30 Messtage · 01.05.2026 bis 30.05.2026

✓ Daten beim nächsten Start merken

Gespeicherte Daten löschen

ml	● Urin Anzahl	● Urin gesamt ml	🕒 Wasser Uhrzeit	📏 Wasser ml	📏 Wasser gesamt ml	Hinweise
ml	4	870	07:00	300 ml	1.050	Demo-Hinweis: kurzer Tageskommentar.
ml			11:30	250 ml		
ml			16:45	300 ml		
ml			21:20	200 ml		
ml	3	520	07:00	300 ml	1.200	Demo-Hinweis: weniger Urin am Vormittag.
ml			11:30	300 ml		
ml			16:45	300 ml		
ml			21:20	300 ml		
ml	6	1.670	07:00	300 ml	1.150	Demo-Hinweis: Eintrag wirkt nur als Beispiel.
ml			11:30	350 ml		
ml			16:45	300 ml		
ml			21:20	200 ml		
ml	4	1.080	07:00	300 ml	1.150	Demo-Hinweis: Werte dienen nur der Vorschau.
ml			11:30	250 ml		
ml			16:45	300 ml		
ml			21:20	300 ml		
ml	4	1.070	07:00	300 ml	1.100	Demo-Hinweis: keine echten Gesundheitsdaten.
ml			11:30	300 ml		
ml			16:45	300 ml		
ml			21:20	200 ml		
ml	4	1.080	06:50	200 ml	600	
ml			18:30	400 ml		

Tabs, filters, and day view

3. First start, load CSV, and merge CSV

The app deliberately starts empty. This keeps existing data from other people or app variants separate.

- 1. Open UroBilanz. As long as no data is loaded, you see the start view.
- 2. Choose Load CSV and select an original Urinote CSV or a daily-data CSV.
- 3. Review the Dashboard and switch to Day or Week when useful.
- 4. Enable Remember data only when the CSV should stay stored locally on this device.
- 5. Save important states regularly through Backup.

Merge CSV is only for another original Urinote CSV. A daily-data CSV is an export format and cannot be merged.

The screenshot shows the UroBilanz web application interface. A modal window titled "Eintrag hinzufügen" (Add entry) is open, allowing manual entry of data. The form includes fields for "Datum" (Date) set to 30.05.2026, "Urin Uhrzeit" (Urine time) set to 08:10, and "Urin ml" (Urine ml) set to 250. There are also fields for "Wasser Uhrzeit" (Water time) set to 08:30 and "Wasser ml" (Water ml) set to 300. A "Tagesnotiz / Hinweis" (Daily note / Note) field contains the text "Demo-Notiz: Beispiel fuer die Eingabemaske." Below the form, there is a table of "Einträge an diesem Messtag" (Entries on this measurement day) with columns for date, time, type (Urin/Wasser), amount (ml), and buttons for "Bearbeiten" (Edit) and "Löschen" (Delete). The table shows four entries: 29.05.2026 06:20 Urin 220 ml, 29.05.2026 07:00 Wasser 300 ml, 29.05.2026 10:15 Urin 240 ml, and 29.05.2026 11:30 Wasser 300 ml. At the bottom of the modal, there are buttons for "Schließen" (Close), "Neu" (New), "Hinzufügen" (Add), and "Hinzufügen & schließen" (Add & close). The background shows the main dashboard with a table of measurements for May 2026, including columns for Jahr, Monat, KW, Messtag, and various measurement values.

Manual entry in the web app

4. Local storage and removing data

UroBilanz does not store measurement data in a cloud account. The important choice is whether you enable local remembering. The following table distinguishes the similarly named storage and deletion actions.

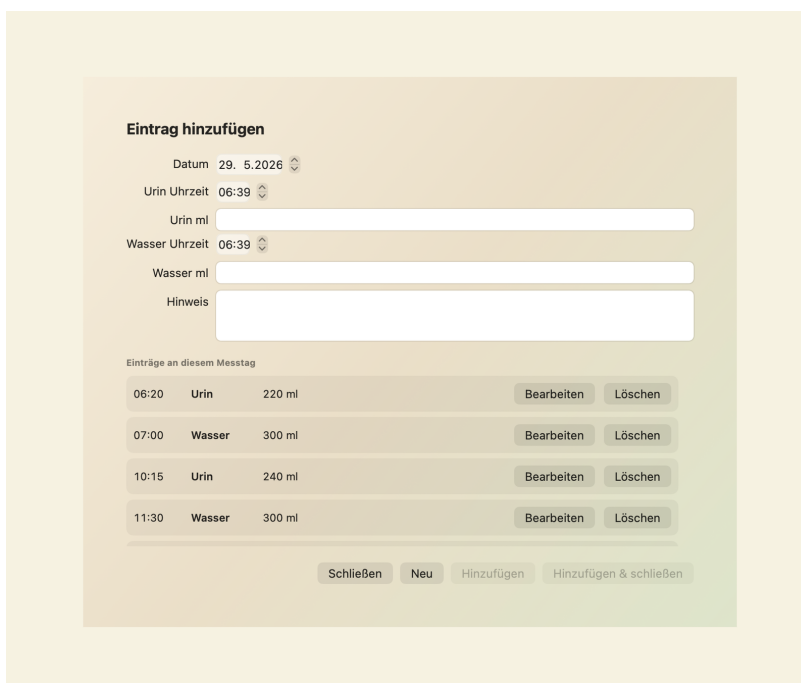
Action	What happens locally
Without Remember data	Loaded and manually added data exists only for the current session. On reopening, the app does not automatically load an earlier CSV.
Remember data	The currently loaded CSV is stored in the local storage of the browser or macOS app. It is used again at the next start.
Delete saved data	Removes only the local copy remembered by UroBilanz and turns off Remember data. The original file in Finder and external backups remain unchanged.
Delete day or entry	Removes this content from current local analysis and therefore future exports. Create a backup first if you need to keep it.
App variants	Dev, Beta, and Final use separate app containers. Data from one variant does not automatically appear in another.

A backup is a separate file. Remember data is not a backup and does not protect against deleting a day or losing the device.

5. Add, edit, and delete entries

Entry opens manual input. Date and time determine which measurement day receives a value. Enter at least a urine value, water value, or note. Add keeps the dialog open; Add & close closes it afterwards. Reset clears the dialog. In the Day view, you can edit or delete individual entries; Delete day removes all entries of that measurement day from local analysis and future exports.

- Urine ml and Water ml: amounts stay separate; water is not added to urine volume.
- Note: visible context, but no automatic medical assessment.
- Urine note: a note for a urine value stays aligned with that time.



Eintrag hinzufügen

Datum 29. 5. 2026

Urin Uhrzeit 06:39

Urin ml

Wasser Uhrzeit 06:39

Wasser ml

Hinweis

Einträge an diesem Messtag

06:20	Urin	220 ml	Bearbeiten	Löschen
07:00	Wasser	300 ml	Bearbeiten	Löschen
10:15	Urin	240 ml	Bearbeiten	Löschen
11:30	Wasser	300 ml	Bearbeiten	Löschen

Schließen Neu Hinzufügen Hinzufügen & schließen

Manual entry in the macOS app

Input fields and actions

When editing an existing entry, the fields have the same meaning. Change only the values that need correction; then review the Day view because order, totals, and completeness can change.

Field or control	Purpose and effect
Date	Sets the calendar date. Assignment to a measurement day also follows the 06:00 boundary in chapter 7.
Urine time	Time of the urine value. It appears in the Day view and determines chronological order.
Urine ml	Amount of a urine event in millilitres. Only this amount is used for urine totals and the low/normal label.
Water time	Time of a drinking amount. Water stays a separate category and is not counted as urine.
Water ml	Amount of a drinking event in millilitres; it provides visible context in views and exports.
Note	Free local text for a time or day. It is context only and does not change automatic evaluation.
Add / Add & close	Stores the entered values locally. The first option keeps the dialog open for further entries; the second closes it afterwards.
Reset	Clears the dialog values that have not been saved. Existing entries remain.

Deletion is a local change and is not undone automatically. A complete backup created beforehand is the simplest way to retain an earlier state.

6. Dashboard and time views

The Dashboard summarizes the loaded period. Year, Month, and Week condense the same data into tables. Day shows individual times, amounts, and notes. Rules explains the organizational logic in use. Streak counts consecutive measurement days with entries.

View	What it shows and when it is useful
Dashboard	Fast overview of the loaded or filtered period: totals, averages, progress, and labels. Use it for an initial plausibility check after loading.
Year	Summary by month in the selected year. Useful for longer trends and comparing months.
Month	Summary of measurement days in the selected month. Useful to see regularity and individual incomplete days.
Week	Condenses data into calendar weeks. Useful for a medium period without the detail volume of Day.
Day	Chronological list of individual urine, water, and note entries. Here you can edit or delete individual entries and remove a whole measurement day.
Rules	Explains fixed measurement-day assignment, completeness, and labels. This page does not change data.
Year/month filters	Limit visible data in suitable views. They do not delete, move, or export anything.

Jahr	Alle Jahre	Monat	Alle Monate
2026	Jan	Feb	Mar
2026	Apr	May	Jun
2026	Jul	Aug	Sep
2026	Oct	Nov	Dec

Datum	Tag	Urin Zeiten	Urin ml	Urin Summe	Wasser Zeiten	Wasser ml	Wasser Summe	Hinweise
01.05.2026	Freitag	06:20 18:15 14:40 20:10	220 ml 100 ml 210 ml 200 ml	870	07:00 11:30 16:45 21:20	300 ml 250 ml 300 ml 200 ml	1.050	Demo-Hinweis: kurzer Tageskommentar.
02.05.2026	Samstag	08:30 13:20 19:10	120 ml 190 ml 210 ml	520	07:00 11:30 16:45 21:20	300 ml 300 ml 300 ml 300 ml	1.200	Demo-Hinweis: weniger Urin am Vormittag.
03.05.2026	Sonntag	06:20 18:15 14:40 20:10 23:40 02:10	200 ml 220 ml 290 ml 300 ml 420 ml 140 ml	1.670	07:00 11:30 16:45 21:20	300 ml 350 ml 300 ml 200 ml	1.150	Demo-Hinweis: Eintrag wirkt nur als Beispiel.
04.05.2026	Montag	06:20 18:15 14:40 20:10	310 ml 240 ml 210 ml 320 ml	1.080	07:00 11:30 16:45 21:20	300 ml 250 ml 300 ml 300 ml	1.150	Demo-Hinweis: Werte dienen nur der Vorschau.
05.05.2026	Dienstag	06:20 18:15 14:40 20:10	220 ml 260 ml 200 ml 340 ml	1.070	07:00 11:30 16:45 21:20	300 ml 300 ml 300 ml 200 ml	1.100	Demo-Hinweis: keine echten Gesundheitsdaten.
06.05.2026	Mittwoch	06:20 18:15 14:40 20:10	250 ml 180 ml 290 ml 360 ml	1.080	06:50 18:30	200 ml 400 ml	600	
07.05.2026	Donnerstag	06:20 18:15 14:40 20:10	280 ml 200 ml 210 ml 260 ml	950	07:00 11:30 16:45 21:20	300 ml 250 ml 300 ml 200 ml	1.050	
08.05.2026	Freitag	08:30 13:20 19:10 05:20	120 ml 190 ml 210 ml 90 ml	610	07:00 11:30 16:45 21:20	300 ml 300 ml 300 ml 300 ml	1.200	
09.05.2026	Samstag	06:20 18:15 14:40 20:10	220 ml 240 ml 290 ml 300 ml	1.050	07:00 11:30 16:45 21:20	300 ml 350 ml 300 ml 200 ml	1.150	Demo-Hinweis: ruhiger Tag mit normaler Trinkmenge.

Day view in the macOS app

7. Measurement days, completeness, and rules

UroBilanz uses fixed organizational rules so times at the day boundary are evaluated consistently. These rules apply equally in all views, reports, and daily-summary exports.

Rule	Meaning
Measurement day	Runs from 06:00 to 05:59. Entries from 00:00 to 05:59 belong to the previous day; the time remains visible.
Complete	Only days with at least eight hours between the first and last urine or water value are included in totals, averages, and evaluation.
Low	A complete day with less than 700 ml of urine is shown as low.
Normal	A complete day with 700 ml or more of urine is shown as normal.
Incomplete	Boundary days stay visible but are excluded from totals, averages, and low/normal evaluation.
Water and notes	Stay visible separately as context and do not change evaluation.

The low, normal, and incomplete labels are organizational evaluations. They are not a diagnosis and do not replace medical advice.

8. Backups and export formats

Open Backup in the toolbar and choose the suitable format. Every file is saved at a location you choose through the browser or macOS save dialog.

Option	What it creates locally
Complete backup	CSV with all entries in the original format for later restoration or review.
Daily backup	CSV with summarized measurement days for exchange or archive use.
JSON export	Structured export of entries for your own local processing.
Medical report	Print-friendly report with period, summary, daily progress, and optional daily details and notes.

For the medical report, choose the period first. Daily details and notes are separate switches: leave them off when they are not needed for the intended purpose.

Share exported files only deliberately. An export can contain the content you recorded.

9. Create a medical report

The medical report is a selection of your local log data, not a medical assessment. It contains only the period and content you enable while creating it.

Field or control	Effect in the report
From / To	Limits the report to a period you select. Check both dates before saving, especially across month boundaries.
Include daily details	Adds individual measurement days to the report. Without this switch, the report stays compact and mainly shows the summary.
Include notes	Includes your free notes in the report. Leave it off when they are not necessary for the intended recipient.
Save report	Creates a local print-friendly report. The macOS app saves it as a PDF; the web app uses the browser's local save dialog.

Review the preview and saved file before sharing. UroBilanz never sends a report on its own.

10. Themes, language, and appearance

The Theme menu at top right switches between built-in themes. Import theme reads a local JSON theme file. Export theme creates an editable local copy of the current theme. Delete theme is active only for imported themes; built-in themes remain available. The DE/EN language choice changes all visible text, including first-start help. Colours and language never change measurement values, notes, or export content.

- Remember data: stores the currently loaded CSV locally for the next start.
- Delete saved data: removes this local remembered copy; the original file outside the app remains unchanged.
- About UroBilanz: sits at the far right of the web app header and shows version, license, project page, and contact.

11. Settings, updates, and About

The web app has no native macOS Settings page. Its app-version, project-page, and help functions are available through the header and About dialog. For the installable PWA, start the web app through ``Start_Urinprotokoll.command`` on localhost or use HTTPS. After the first load, only the app shell remains available offline; CSV, export, and measurement data are never stored by the service worker.

Area	Function
Settings (macOS)	Contains update information and the manual check for a new version.
Check for updates	Requests only public release information for the project. Measurement values, CSV content, and local files are not sent.
Open release	Opens the public release page in the browser after your click. A download or installation never starts automatically.
About UroBilanz	Shows app version, license, project page, and contact. The visible GitHub and Discord icons are links and open only after a click.

12. AI help and support

AI help is deliberately visible only before you load your own content for the first time. Once data exists, the normal working view remains in the foreground.

Function	Flow and privacy
Open manual	In the empty start view. Opens the public page for this complete PDF manual in the browser; no local content is attached.
ChatGPT, Google Gemini, Claude	Only in the empty start view. After confirmation, UroBilanz copies a fixed step-by-step help text with the link to the public page for this complete manual to the clipboard and opens the selected website.
Paste text	You paste the text into the service yourself with Cmd+V and decide whether to send it. UroBilanz never sends anything to an AI service automatically.
Report bug	Opens a local draft with description, reproduction steps, and expected result. You can review the preview, save it as text, or deliberately prepare an email.
Bug report content	CSV values, notes, health data, local file paths, license data, and credentials are not automatically added to the draft.

Share measurement values, notes, or other personal information only when you deliberately choose to and know the recipient.

13. Privacy and safe sharing

Area	What UroBilanz does - and does not do
Measurement data	Processing and evaluation happen locally in the web app or macOS app. There is no cloud sync and no data backend.
Files	CSV, JSON, report, and theme files are processed only through an open or save dialog you trigger.
Links	GitHub, Discord, license, contact, manual, and external AI services open only after a deliberate click.
AI help	Receives from the app only the fixed step-by-step text and public manual link in your clipboard. No local app data is inserted into the text.
Reports and backups	Remain local files until you yourself share them through another service, an email attachment, or storage device.

For symptoms, uncertainty, or changes in your health, seek medical advice. This manual and the app do not replace professional guidance.

14. Troubleshooting and terms

If these checks do not solve the problem, create a bug report. Describe the steps as generally as possible and do not include personal log content.

Situation	Useful check
No data visible	Check whether a CSV was loaded, whether a year/month filter limits the period, or whether saved data was previously deleted.
CSV cannot be merged	Merge CSV accepts only another original Urinote CSV. Load a daily-data CSV normally instead or use it as an archive.
Day is incomplete	Check whether at least eight hours lie between the first and last urine or water value. Times from 00:00 to 05:59 belong to the previous day.
Values missing after restart	Enable Remember data for local reuse or load the CSV again. Use a complete backup for durable safeguarding.
Wrong theme or language	Choose a built-in theme or DE/EN at top right. This action affects only appearance and text.
Term: measurement day	An evaluation period from 06:00 to 05:59 the next day; it may differ from a calendar day.
Term: complete	A measurement day with at least eight hours between the first and last urine or water value; only these days are included in labels.