DBT Diary Card: Skills Tracker

Clinician fact sheet · iPhone and iPad · Lean Orbit LLC, Seattle, WA

A digital version of the standard DBT diary card that clients can fill in daily in about three minutes, then send to you as a PDF laid out like the paper card. Organized below by the five areas of the American Psychiatric Association's app evaluation model.

ACCESSIBILITY AND COST

Free download. Full access is $3.99/week (3-day free trial for eligible subscribers) or $24.99 once for lifetime access. iPhone and iPad, iOS 17 or later. English only. Free full-access codes for clinicians and clients on request.

PRIVACY AND SECURITY

App Store privacy label: Data Not Collected. Entries are stored on the client's device, with no app account, developer-hosted storage, advertising or in-app analytics. Apple handles purchases separately. Optional Face ID, Touch ID or passcode lock.

CLINICAL FOUNDATION

Follows the standard diary card structure: emotions and urges rated 0–5 (custom labels allowed), target behaviors to decrease or increase, and all 30 skills across mindfulness, distress tolerance, emotion regulation and interpersonal effectiveness, each rated for effectiveness.

ENGAGEMENT

Daily check-in reminder. Weekly charts of emotion trends, skill use by module and average effectiveness, plus a notes field for what to raise in session.

INTEROPERABILITY

PDF export for a single day, a week or any date range, shared through the iOS share sheet (email, Messages, AirDrop). There is no therapist portal; nothing is sent unless the client chooses to share it.

USING IT WITH CLIENTS

1. Ask clients to install the app and set a daily reminder during the first session.
2. Have them export the week's PDF and send it to you before each session.
3. Review it as you would a paper card; target behaviors and skill ratings appear in the familiar layout.

A self-tracking tool for use alongside DBT with a licensed clinician. It is not medical advice, diagnosis or treatment, and makes no outcome claims.

Codes and questions: press@leanorbit.app · leanorbit.app/dbtdailydiary/press