Caffeine Quit Streak Tracker review — a free iOS counter for a hard caffeine stop

A free, iOS-only caffeine streak counter with withdrawal phases and a savings total, weighed against three live alternatives.

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Caffeine Quit Streak Tracker is a free, iOS-only app that counts your caffeine-free streak, names your current withdrawal phase, and totals the money you are not spending. The US Food and Drug Administration puts the daily caffeine ceiling for most adults at 400 milligrams, roughly two to three 12-ounce coffees, and this app is for people who have decided on zero.

Disclosure: AppStoryo is operated by the studio that develops Caffeine Quit Streak Tracker. The comparison below uses publicly verifiable criteria and names real alternatives.

Quitting caffeine is a waiting game, and waiting is easier when you can see how much longer the bad part lasts. That is the whole proposition here. Version 1.0 landed on 30 June 2026, weighs 23.4 MB and runs on iOS 13.0 or later.

What does Caffeine Quit Streak Tracker actually do?

Four things at once, and the App Store description lists them in one sentence:

> The dashboard gives you a clean, at-a-glance view of your streak, your savings, your current withdrawal phase, and your next milestone.

The streak is the core: you set a quit date and the counter accumulates days, hours and minutes from that moment. The listing names the celebrated milestones as one day, three days, one week and one month. The savings figure comes from a daily spending habit you

enter yourself. The withdrawal phase is a label rather than a measurement, moving from the initial crash through a stabilisation period to full recovery. You can also log the caffeinated drinks you used to consume, which is what turns the savings number from a round guess into something closer to your real habit. All of it sits on one screen, which is the right call for an app you open on a bad morning. Caffeine Quit Streak Tracker is free on the App Store.

How much caffeine are you actually quitting?

More than most people estimate, and the gap matters because withdrawal severity tracks the dose you stop. Harvard's Nutrition Source puts an 8-ounce cup of brewed coffee at about 95 mg, instant coffee at about 60 mg, a 1.5-ounce espresso shot at about 65 mg and a cup of black tea at about 47 mg. A standard 16-ounce energy drink is about 170 mg, and a 2-ounce energy shot about 200 mg on its own. The FDA's figure of 400 mg a day as an amount not generally associated with negative effects is therefore four brewed coffees, or two energy shots. Energy drinks vary widely: the FDA gives 54 to 328 mg per 16 fluid ounces. UK servings run higher, with the NHS listing 100 mg in a cup of instant coffee and 75 mg in a cup of tea. Average US intake is 135 mg a day, about a cup and a half, so a three-flat-white habit is already triple the national average.

What happens in the first week without caffeine?

The unpleasant part is real, short and well documented, which is exactly why a phase label is worth something. MedlinePlus lists the withdrawal symptoms as headaches, drowsiness, irritability, nausea and trouble concentrating, and says they usually go away after a couple of days. Harvard describes the same set, adding agitation and depressed mood, and puts the shape of it plainly: symptoms are strongest within a few days of stopping and tend to subside after about one week. Caffeine itself clears faster than that, remaining in the blood anywhere from 1.5 to 9.5 hours depending on the person, which is why day two is usually worse than day one. The FDA is blunt that caffeine withdrawal is not considered dangerous but can be unpleasant, and recommends cutting back gradually rather than all at once. That recommendation sits awkwardly beside a streak counter, and the app does not pretend otherwise. Download Caffeine Quit Streak Tracker if you have already chosen the hard stop.

What does the savings counter really measure?

Your own estimate, multiplied by elapsed time. The store listing says you set your daily spending habit and watch the savings grow in real time, and that is precisely the arithmetic: a 5-dollar daily coffee becomes 1,825 dollars over a year, and 150 dollars by day thirty. The number is motivating and it is also only as honest as the figure you type. Someone at the US average of 135 mg a day is drinking about a cup and a half of coffee, which at home costs cents rather than cafe prices, so an inflated daily figure produces an inflated annual total. Logging the drinks you actually used to buy is the fix, and it is the step most people skip.

When is a streak counter not the right tool?

When your plan is to taper rather than stop. The FDA's advice is to cut back gradually, and a counter that measures consecutive caffeine-free time has nothing to say about a week of

halved doses. It is also the wrong shape if a single slip would make you abandon the attempt, because a streak resets and a gradual reduction does not. Three further limits come from the store metadata rather than from taste: the app is English only, so it is no use to a reader in the other sixteen languages this site publishes in; there is no Android build, so a household on mixed phones cannot share the method; and it has sat at version 1.0 since 30 June 2026 with no update history and no ratings to read. That is the gap between a first release and an app with years of fixes behind it.

Which caffeine app should you actually use?

Choose Quit Caffeine: Stop Coffee if you want the same single purpose with a longer update record

- Appgineering GbR, free, version 1.3.3 shipped 9 September 2026 against a February 2026 release.
- Four releases in seven months is a maintenance pattern; a 1.0 is a promise.
- Costs you 59.3 MB and iOS 15.1, and it carries only two ratings, so the track record is in the version history rather than in user reviews.

Choose Quitzilla: Quit Tracker if you are quitting more than caffeine, or do not read English

- Andrii Hula, free, version 2.1 of 24 September 2026, with 1,524 ratings averaging 4.78.
- 29 languages against one, and it counts any habit you name rather than caffeine alone.
- The catch is the floor: it requires iOS 26.0, so an iPhone that cannot take the newest iOS is locked out entirely.

Choose HiCoffee - Caffeine Tracker if you want to manage caffeine rather than stop it

- Version 6.1 of 23 September 2026, 843 ratings averaging 4.82, four languages, 140.9 MB.
- Six major versions and five years in the store make it the most mature option here.
- It is built around logging intake and timing it, which is the opposite goal: useful if you are cutting down to 200 mg, useless as a measure of days at zero.

Choose Caffeine Quit Streak Tracker if you want the smallest, least demanding hard-stop counter

- iOS 13.0 is the lowest requirement of the four, and 23.4 MB the smallest download.
- Phase label and savings total sit on the same screen, so one glance answers both questions.
- Free, with no ratings yet and English only: download Caffeine Quit Streak Tracker from the App Store.

Caffeine Quit Streak Tracker FAQ

Does Caffeine Quit Streak Tracker work on Android?

No. Six plausible package names were checked on Google Play on 16 October 2026 and every one returned a 404, so the app exists only on the App Store. Quitzilla and Days Since both publish Android builds if you need one.

Which iPhones can run Caffeine Quit Streak Tracker?

Anything on iOS 13.0 or later, which the App Store lists as 130 supported device models. That is the lowest floor of the four apps compared here, and well below the iOS 26.0 Quitzilla now asks of every iPhone it runs on.

Is quitting caffeine cold turkey safe?

The FDA says caffeine withdrawal is not considered dangerous but can be unpleasant, and recommends cutting back gradually instead. That is general information, not advice for you, so ask a clinician if you take medication.

How long does caffeine withdrawal last?

Harvard reports that symptoms are strongest within a few days of stopping and tend to subside after about one week. MedlinePlus puts it shorter, saying the headaches and drowsiness usually go away after a couple of days.

How much caffeine is in one cup of coffee?

About 95 mg in an 8-ounce cup of brewed coffee by Harvard's figures, roughly 60 mg if it is instant, and about 4 mg for decaffeinated. The NHS quotes 100 mg for instant coffee and says coffee-shop servings can exceed it.

What does the withdrawal phase display actually tell you?

It is a label, not a measurement. The store listing describes it as the stage you are in, from the initial crash through stabilisation to full recovery. It maps published expectations onto your streak, not readings from you.

Does decaf break a caffeine-free streak?

That is your rule to set, and the arithmetic favours leniency: Harvard puts decaffeinated coffee at about 4 mg a cup, roughly a twenty-fourth of a brewed cup. Several decafs still land under one cup of black tea at 47 mg.

What does the savings counter measure?

The daily spending figure you enter, times the length of your streak, so a 5-dollar habit shows 150 dollars by day thirty. Log the drinks you really bought before trusting the total. Caffeine Quit Streak Tracker is free.

A 23.4 MB counter will not do the quitting for you, but on day two a named phase and a climbing day count are worth more than they sound. Caffeine Quit Streak Tracker suits anyone who has already chosen a hard stop.

Pros

- Free download at 23.4 MB, the smallest of the four apps compared here
- Runs on iOS 13.0 or later across 130 device models, the lowest requirement in this comparison
- Streak, savings, current withdrawal phase and next milestone all on one dashboard
- Withdrawal phases follow the published timeline rather than leaving the first week vague
- You can log the drinks you used to buy, so the savings figure is yours rather than a default

Cons

- Version 1.0 since 30 June 2026, with no update history and no user ratings to read
- English only — one language against Quitzilla's 29
- No Android build, so the method cannot be shared across a mixed-phone household
- The savings total is only as accurate as the daily spending figure you type
- A streak that resets on one slip is the wrong shape for the gradual taper the FDA recommends

Summary

The smallest and least demanding caffeine-quitting counter on the App Store: 23.4 MB, iOS 13.0 and later, and a single dashboard carrying the streak, the savings total, the current withdrawal phase and the next milestone. The phase labels follow published withdrawal timelines instead of guessing. The weaknesses are its youth and its reach — version 1.0 since June 2026, English only, iOS only, no ratings yet — so anyone who wants a long track record or 29 languages should look at Quitzilla: Quit Tracker instead.

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