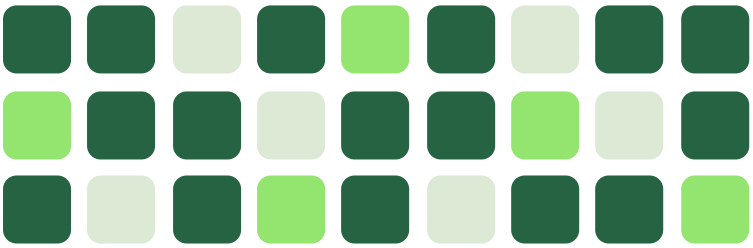
The Re:Call User Guide

Revise the right topic on the right day, so what you learn this week is still there on exam day.



Version 1.0 · Mac (macOS 14+) and Windows 10/11
Printable edition · November 2026

Designed and built by
Ishan Pratap Singh · @ishan.sgh

START HERE

The whole app in 60 seconds

1. **Study** like you normally do. Then **add the topic** to Re:Call: subject, chapter, topic and where you started and stopped.

2. **Get reminded.** Re:Call works out the best day to revise each topic, right before you'd forget it. The first reminder comes 1 hour later.

3. **Revise and rate.** Every morning you get a to-do list. Revise from your own book, then tap how well you remembered: Again, Hard, Good or Easy.

4. **It adapts.** Easy topics come back less often, hard ones sooner. With an exam date set, gaps shrink as the exam gets closer.

5. **Log your time.** Type how long you studied each day. Your study grid glows brighter and your streak grows.

Contents

01 Why you forget 3
02 The science 4
03 How Re:Call fixes it 5
04 Install and first steps 5
05 Your daily routine 6
06 The check-in rule 8
07 Intensity and exam mode 8
08 Tracking progress 9
09 Under the hood 10
10 Shortcuts, notifications, backups 11
11 Easter eggs and FAQ 12
✂ Quick-start and shortcut cards 13

Try it before you use it for real

Settings → Try it out → **Load sample data** fills the app with 3 weeks of example topics so every screen has something to show. Every picture in this guide uses it. Click **Start fresh** when you're ready; your own data is backed up first either way.

01 · THE PROBLEM

Why you forget what you studied last week

> IN SHORT You learn something new every day and start forgetting it the same night. Revising everything on one day a week can't keep up.

You study a Physics topic on Monday, a Chemistry chapter on Tuesday, some Maths on Wednesday. Then you say: **"I'll revise everything on Sunday."**

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Physics	Chem	Maths	English	Physics	Chem	All of it

Sunday comes and three things go wrong:

- **Monday's topic is already mostly gone.** You aren't revising it, you're learning it again.
- **One day isn't enough.** Six days of new material won't fit into one evening, so some topics get skipped.
- **Next Sunday it's worse.** Two weeks of topics, then three. Old ones quietly drop off and never come back.

Revision isn't a one-day event. It's a **cycle** you repeat for every topic, at gaps worked out for that topic. Doing that by hand for hundreds of topics is impossible. That's the job Re:Call does.

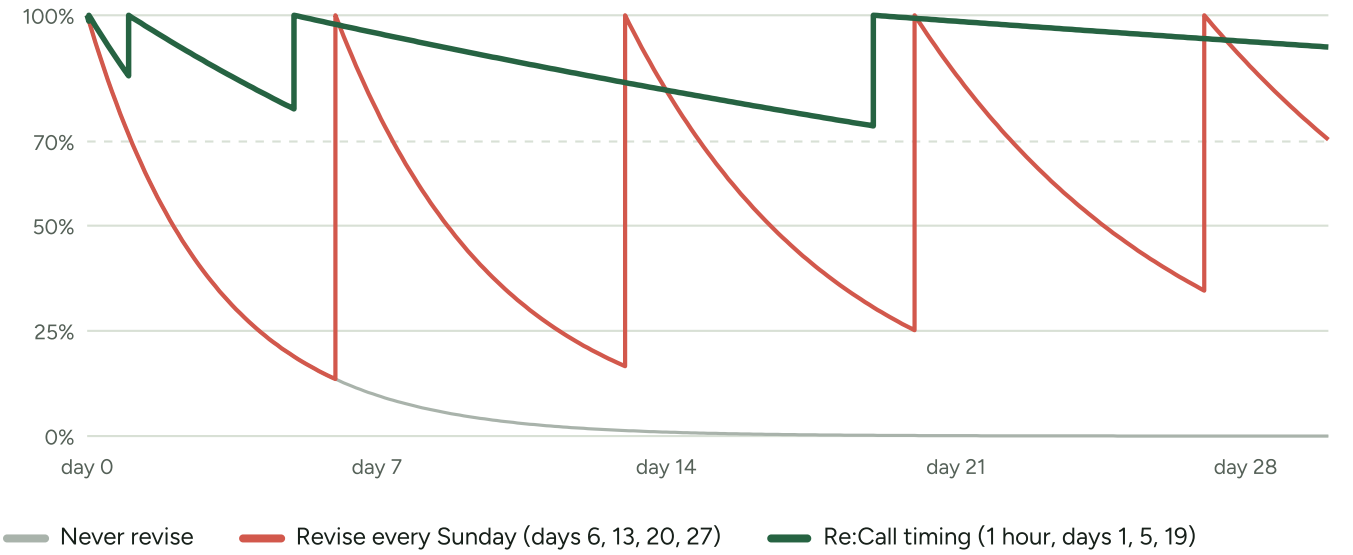
Why this app exists

Re:Call was made by Ishan Pratap Singh, a Class 12 student with exactly this problem: topics learned in September were gone by November, and "Sunday revision" wasn't fixing it. So he built the app he wished he had, in one day (31 October 2026), for his own board exams in February 2027.

The forgetting curve, and how to beat it

> IN SHORT Memory fades fast, then slower. Each well-timed revision makes it fade more slowly next time. When you revise matters more than how often.

In 1885 **Hermann Ebbinghaus** found the **forgetting curve**: you lose most of a new memory in the first days, then the rest fades more slowly. Every successful revision makes the curve **flatter**, so the next revision can wait longer. This is **spaced repetition**. The trick is timing: too early wastes time, too late means it's already gone. The sweet spot is just before you'd forget.



STRATEGY	REVISIONS IN 30 DAYS	DAYS YOU'D STILL RECALL IT (≥ 70%)	CHANCE ON DAY 30
Never revise	0	1 / 30	0%
Every Sunday	4	9 / 30	70%
Re:Call timing	4	30 / 30	92%

Illustration: one topic studied on a Monday, using a simple Ebbinghaus-style curve. A revision after you've mostly forgotten (below 50%) counts as re-learning and barely helps. Re:Call itself uses the more detailed FSRS model (section 09).

Same number of revisions, very different result. Re:Call revises while you still mostly remember, so each revision strengthens the memory instead of rebuilding it.

One more finding that matters for exams

A 2008 study by **Cepeda and colleagues** (over 1,350 people) found that the best gap between revisions depends on how far away the test is: roughly 20–40% of the time left when it's a week away, 10–20% when it's months away. So as your exam gets closer, gaps should get **shorter**. Re:Call does exactly this when you set an exam date.

03 · HOW RE:CALL FIXES IT

The loop

1 · Add a topic

Right after you study it. About 10 seconds.

2 · Get reminded

1 hour later, then on the days Re:Call works out.

3 · Revise & rate

From your own book. Tap Again, Hard, Good or Easy.

4 · It re-plans

Hard = sooner. Easy = later.

- **It only reminds you.** No flashcards to make, no notes to type. It tells you which pages and when.
- **It knows your exam date.** Gaps are squeezed to fit before the exam, and every topic gets a final revision right before it.
- **Everything stays on your computer.** No account, no sign-up, no internet, no cloud.

04 · INSTALL AND FIRST STEPS

Mac (macOS 14 or newer)

1. Open **Re-Call v1.0 (Mac).dmg**.
2. Drag **Re:Call** into **Applications**.
3. First time: **right-click → Open**. If still blocked: System Settings → Privacy & Security → **Open Anyway**.
4. Click **Allow** for notifications.

Windows 10 or 11

1. Run **Re-Call v1.0 (Windows Setup).exe**.
2. "Windows protected your PC"? Click **More info → Run anyway**.
3. Pick a folder and finish. Shortcuts are added.
4. Allow notifications if asked.

Do these two things right away

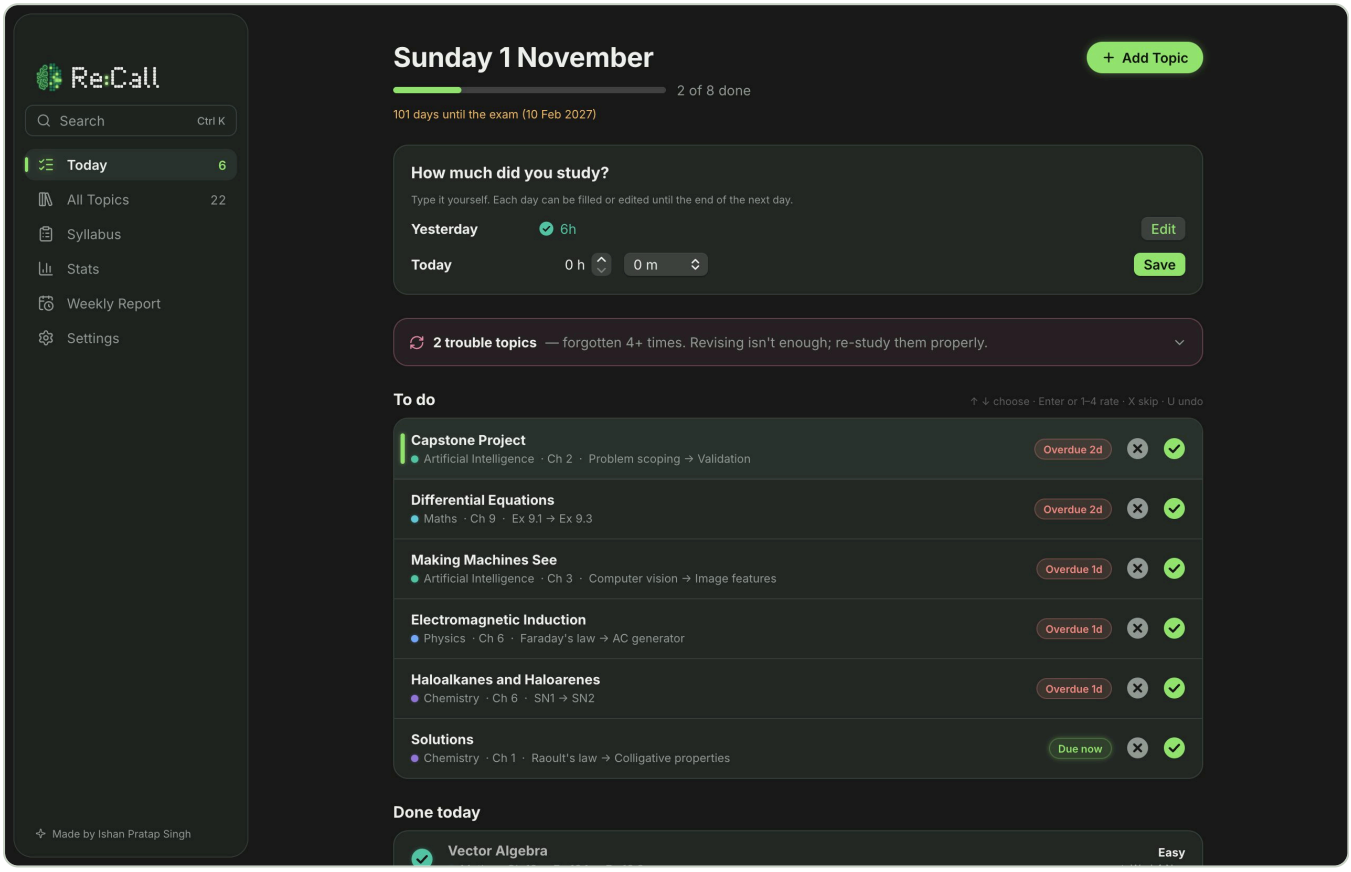
Settings → General → Open at login, so reminders keep coming (it sits in the menu bar or system tray). **Settings → Exam**: set your exam date.

SCREEN (⌘1–⌘6 / CTRL+1–6)	WHAT IT'S FOR
Today	Your revision to-do list and the daily study-time check-in.
All Topics	Every topic by subject, with how well you remember it right now.
Syllabus	Every chapter, what you've covered, and whether you're on pace.
Stats	Days left, a glowing grid of study days, streaks and charts.
Weekly Report	This week vs. last week: hours, revisions, best and weakest subjects.
Settings	Intensity, exam, daily goal, quiet hours, feature switches, backups.

05 · YOUR DAILY ROUTINE

Morning, after studying, night

> **IN SHORT** Morning: revise from the list. After studying: add the topic. Night: type how long you studied. About 5 minutes of app time a day.



Today: date and progress, days until the exam, the study-time check-in, trouble topics, and the to-do list (overdue first).

Morning: the to-do list

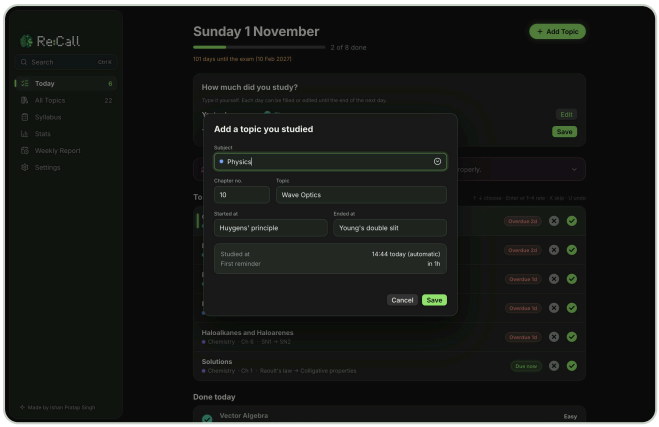
When quiet hours end (7 am by default) a notification lists the day's revisions. Each row shows the topic and the exact range to revise ("Faraday's law → AC generator"). ✓ = I revised it (then rate it). ✗ = not today, move it to tomorrow. Finished rows stay on the list so you can see your progress.

How to rate

Again	Hard	Good	Easy	Skip ✗
Forgot it. Back in 1 hour, starts over.	Got there, with a struggle. Short gap.	Remembered. Normal gap. Most common.	Instant, no effort. Long gap.	Not today. Tomorrow, no rating.

Each button shows when the topic will come back if you pick it. **Be honest:** rating a shaky topic Easy hides it for weeks. Pressed the wrong one? **Undo** shows for 8 seconds, or press `U` on Today, or `⌥⌘Z` / `Ctrl+Alt+Z`.

After studying: add the topic



The Add Topic form (`⌘N` / `Ctrl+N`). The time is filled in for you.

FIELD	EXAMPLE
Subject	Physics (pick or type new)
Chapter no.	10
Topic	Wave Optics
Started → Ended at	Page 45 → Page 62, or Huygens' principle → Young's double slit

Tip: keep topics bite-sized. "Wave Optics, Huygens to YDSE" beats "All of Optics": quicker to revise and easier to rate honestly.

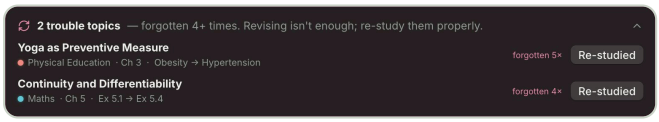
Night: log your study time

The **"How much did you study?"** card asks for hours and minutes. You type it yourself; the app never guesses. A reminder comes at **9 pm** if you haven't. You have until the end of tomorrow to fill it in.

Keyboard review on Today

`↑` `↓`	Choose a topic	`1`–`4`	Again, Hard, Good, Easy
`Return` / `Enter`	Open the rating buttons	`X` · `U`	Skip · Undo

Trouble topics



Forgotten **4 or more times**? Revising isn't working, so Re:Call flags it as a **trouble topic**. Re-learn it from your book, then press **Re-studied**: its revisions start over. Skipping a topic **3 times in a row** also flags it.

06 · THE CHECK-IN RULE

The one strict rule

> IN SHORT Each day's study time can be filled until the end of the next day. Miss that and the app locks until you fill it. Zero is allowed.

1. **Two days to fill each day.** Monday's time can be typed or edited on Monday or Tuesday.
2. **Then it's locked.** On Wednesday, Monday's number can't change.
3. **An empty day past its window locks the app**: no adding topics or logging other days until you fill it, oldest first.
4. **0 is a valid answer.** Day off? Type 0 h 0 m.

07 · INTENSITY AND EXAM MODE

How hard should it push you?

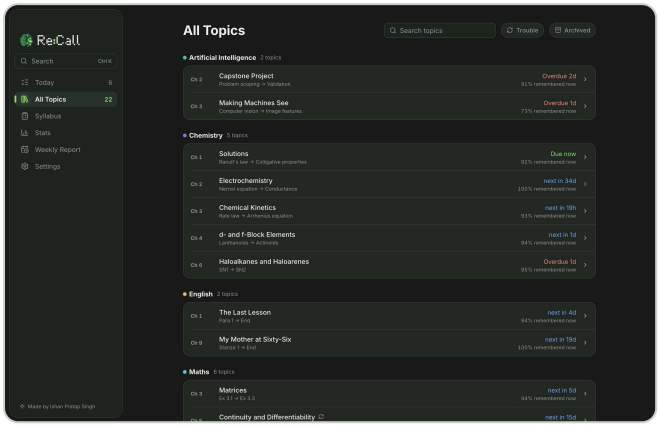
Settings → "How much can you study?" has a five-step slider. Each step sets a **target recall**: your chance of still remembering a topic when its revision comes up. **Focused** is the default.

LEVEL	TARGET	GAPS IF ALWAYS GOOD (DAYS)	MAX GAP (EXAM)	FINAL SWEEP	MAX / DAY
😌 Chill	85%	1h → 4 → 31 → 173	50% of days left	3 days	15
🙂 Steady	90%	1h → 2 → 11 → 46 → 163	45%	5 days	25
💪 **Focused**	93%	1h → 1 → 4 → 14 → 42 → 110	40%	7 days	40
🔥 Intense	95%	1h → 1 → 3 → 8 → 19 → 43	35%	7 days	60
💀 Brutal	97%	20m, 1h → 1 → 2 → 4 → 7 → 13	30%	10 days	none

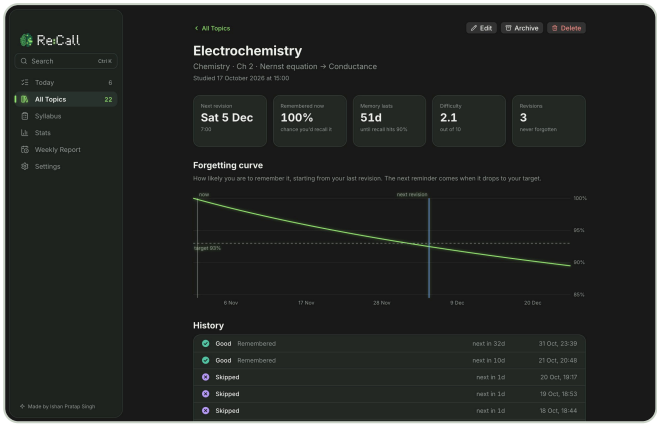
What exam mode does

- **Gap cap:** no gap longer than a share of the days left (40% on Focused).
- **Final sweep:** every topic gets a last revision in the final days, weakest first.
- **Daily limit:** extra revisions on a crowded day move to nearby days.
- **Never past the exam**, re-planned every morning, and back to normal long gaps after the exam.

Seeing your progress



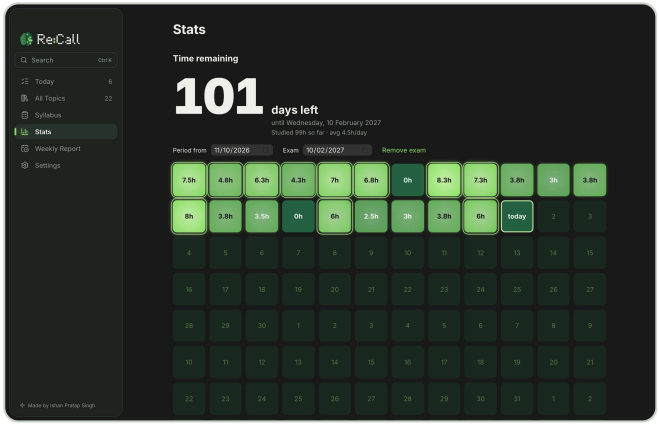
All Topics: every topic by subject, next date, and "% remembered now". Filter Trouble or Archived.



Topic page: its forgetting curve, memory strength, difficulty, history. Edit, Archive, Delete.



Syllabus: chapters covered, pace needed vs. your pace, On track / Behind. One-click CBSE Class 12 (2026–27) preset, 79 chapters.



Stats: days left and a grid with one tile per day, brighter the more you studied. Goal days get a ring.



Daily goal and streak, hours per day, recall rate vs. your target.



Weekly Report: this week vs. last, subjects marked Best or Needs work. Notification Sunday 7 pm.

09 · UNDER THE HOOD

The algorithm, briefly

> IN SHORT Re:Call uses FSRS-6, the memory model modern Anki uses, plus exam-date rules from research.

S · Stability

Days until your chance of remembering drops to 90%. Grows with every good revision.

D · Difficulty

1 to 10. Hard topics gain stability more slowly.

R · Recall

Your chance of remembering it right now: the "% remembered now" in the app.

$$R = (1 + f \cdot t / S)^{-decay} \quad \cdot \quad t = \text{days since last revision, } decay \approx 0.154$$

1. A new topic gets a first reminder **1 hour later**.
2. The next revision is the day R is predicted to fall to **your target** (93% on Focused).
3. Your rating updates S and D. S grows more when you nearly forgot, less for hard or already-strong topics.
4. In exam mode the date is then capped, swept and spread out.

Skip	No rating saved; the forgetting curve keeps running, so a late "Good" earns a bigger boost.
Quiet hours	Nothing arrives 11 pm–7 am (changeable); anything due then moves to the morning.
±5% spread	Long gaps get a small nudge so topics added together don't all return together.
Self-tuning	After ~30 revisions, gaps shrink or grow a little to match how often you really remember.
Personal tuning	After 300 revisions, the model is fitted to your own history, used only if it's at least 1% better. On by default.

Sources: Ebbinghaus (1885); FSRS-6 (open-spaced-repetition); Anki manual; Cepeda et al. (2008), Psychological Science 19(11).

Power-user stuff

ACTION	MAC	WINDOWS
Go to screen 1–6	`⌘1` – `⌘6`	`Ctrl+1` – `Ctrl+6`
Quick search (pages, topics, chapters)	`⌘K`	`Ctrl+K`
Add a topic	`⌘N`	`Ctrl+N`
Undo last ✓ / ✗	`⌥⌘Z`	`Ctrl+Alt+Z`
Back from a topic page	`⌘[`	`Ctrl+[`
Settings	`⌘,`	`Ctrl+,`

WHEN	NOTIFICATION
End of quiet hours (7 am)	Morning to-do list
When a topic is due	"Revise: …" with the page range, plus a ✗ Skip button
9 pm	Log your study time (only if not logged)
Sunday 7 pm	Your Weekly Report is ready

Menu bar / tray

Today's list with ✓ / ✗ without opening the window. The Dock or taskbar icon shows how many topics are due.

Switch off anything

Settings → Features has a switch for every extra. Nothing is deleted. Today, All Topics, Stats, the check-in and the schedule are always on.

Your data

- **Stays on your computer.** Mac: `~/Library/Application Support/SpacedRep`. Windows: `%APPDATA%\SpacedRep`.
- **Automatic backup every day**, last 14 kept in `Backups`.
- **Settings → Backup → Export backup…** saves one file. Copy it to a pen drive weekly. **Import** saves your current data first.
- **Mac ↔ Windows:** export on one, import on the other. Same file format.

Easter eggs (spoilers, try finding them first)

All three involve the maker's lucky number, **7**. They only change how things look, never your schedule. Switch them off in Settings → Features.

1 · The exploding colon

Click the green colon in "Re:Call" 7 times quickly. The pixels scatter and spring back.

2 · Lucky day

On the 7th of every month, the logo's bright squares pulse all day. Hover: "Lucky 7 ✦".

3 · Roll the credits

Open About Re:Call, click the logo 7 times: a rainbow signature and the credits. Watch to the end.

FAQ

Internet or account needed?	No. Fully offline, no accounts.
Is it a flashcard app?	No. It tells you which pages to revise and when; you revise from your own material.
Missed a few days of revisions?	Overdue topics go to the top. The schedule corrects itself as you rate them.
Too many revisions a day?	Move the slider towards Chill. Focused stops at 40 a day in exam mode.
Can't add a topic?	A missed study-time day is blocking it. Fill it in (0 is fine).
Not preparing for an exam?	Works fine: gaps just keep growing to months.
Reminders while closed?	Turn on Open at login. On Windows, closing the window keeps it in the tray.
Mac and Windows both?	Yes, via Export / Import backup. No live sync.

✂ cut along the dotted line

Re:Call

DAILY ROUTINE

☀ Morning

Open **Today**. Revise each topic from your book. ✓ then rate, or ✗ to move it to tomorrow.

📖 After studying

+ Add Topic: subject, chapter, topic, started → ended at.

🌙 Night

Type how long you studied. You have until the end of tomorrow. 0 is fine.

Rate honestly

Again	Forgot it → back in 1 hour
Hard	Struggled → short gap
Good	Remembered → normal gap
Easy	Instant → long gap
✗ Skip	Not today → tomorrow

Forgot a topic 4+ times? Re-study it, then press Re-studied.

✂ cut along the dotted line

Re:Call

SHORTCUTS

ANYWHERE	MAC	WINDOWS
Screens 1–6	`⌘1-6`	`Ctrl+1-6`
Search	`⌘K`	`Ctrl+K`
Add topic	`⌘N`	`Ctrl+N`
Undo	`⌥⌘Z`	`Ctrl+Alt+Z`
Back	`⌘[`	`Ctrl+[`
Settings	`⌘,`	`Ctrl+,`

ON TODAY	KEY
Choose a topic	`↑` `↓`
Open ratings	`Return`
Again · Hard · Good · Easy	`1` `2` `3` `4`
Skip to tomorrow	`X`
Undo	`U`

Re:Call 1.0 · designed and built by Ishan Pratap Singh · Now go revise. ✦