THE USEFUL TECH

The Apple Watch Face Sheet

Three complication layouts that turn six good apps into a watch you actually use. Built and worn daily, not theorised.



01 / HEALTH



02 / FOCUS



03 / DAILY

The three-slot rule

Most watch faces fail for the same reason: every slot gets filled, nothing gets read. Three rules fixed mine, and every layout in this sheet follows them.

01

One job per face

A face is a question you are answering at a glance. Health, focus, or the day. If a complication does not serve that one question, it belongs on a different face.

02

Never more than four apps you have to think about

Battery, date and Activity are free because you read them without effort. Everything else costs attention. Four is the ceiling before a face becomes wallpaper.

03

If you have not tapped it in a week, it is decoration

Run this audit every Sunday. A complication earns its slot by being used, not by being interesting the day you added it.

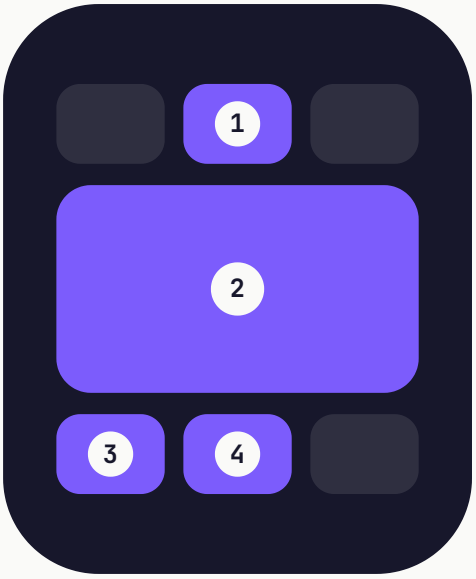
CHANGING A COMPLICATION, THE FAST WAY

01 Press and hold the watch face, then tap Edit.

02 Swipe left to the Complications screen.

03 Tap the slot you want to change, then turn the Digital Crown to scroll to the app.

04 Press the Crown to save. Build each face as a duplicate so you can switch by swiping.



MODULAR LAYOUT

The Health Face

The one I wear from waking until the gym. It answers a single question before I decide anything about the day: how much have I got.

1 TOP CENTRE

Bevel

Recovery score. The one number that decides how hard you go today.

2 LARGE SLOT

Hevy

Next workout in your routine, live sync back to the phone.

3 BOTTOM LEFT

WaterIlama

Intake progress. Tap once to log without opening anything.

4 BOTTOM CENTRE

Bevel

Sleep hours from last night, sitting where you cannot ignore it.

WHEN I WEAR IT

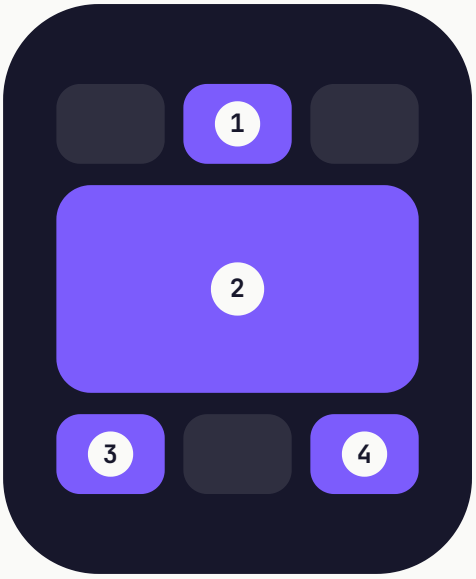
Wake until the gym bag goes down. Roughly 6am to 11am on a training day, all morning on a rest day.

IF YOU DO NOT HAVE THE APP

No Bevel	→	Athlytic or Training Today read the same data
No Hevy	→	Strong is the closest standalone equivalent
Not training	→	Swap slot 2 for Activity rings

WHY IT WORKS

Recovery sits top centre because it is the first thing you read and it should change your plan, not just inform it. Hydration goes bottom left where your thumb naturally lands, which is the entire reason it gets logged at all.



MODULAR LAYOUT

WHEN I WEAR IT

10am to 4pm, the whole writing block. It goes on before the laptop opens and comes off when it shuts.

The Focus Face

This one goes on at 10am and comes off at 4pm. It exists to make my own numbers impossible to avoid while I am working.

1 TOP CENTRE

OffScreen

Screen time so far today. Uncomfortable on purpose.

2 LARGE SLOT

OffScreen

Active focus session with time remaining.

3 BOTTOM LEFT

OffScreen

Pickup count. The number that changes behaviour fastest.

4 BOTTOM RIGHT

Petey

One tap to ask instead of unlocking the phone.

IF YOU DO NOT HAVE THE APP

No OffScreen	→	Apple Screen Time works, but only shows a total
No Petey	→	A plain Timer in slot 4 does most of the job
Deep work only	→	Leave slot 3 empty on purpose

WHY IT WORKS

Three of four slots are the same app on purpose. Focus is not a category you monitor, it is one behaviour you are trying to change, and repetition on the face is what makes the number register.



INFOGRAPH LAYOUT

The Daily Driver

Everything else. Errands, the terrace, the school run, the parts of the day that are not training or writing.

1 TOP LEFT CORNER

Petey

Your replacement assistant, one tap from the face.

2 TOP RIGHT CORNER

Rain Alarm

Live radar alerts rather than a probability shrug.

3 BOTTOM RIGHT CORNER

Waterllama

Quick log, all day, no app switching.

4 LEFT SUB-DIAL

Bevel

Strain so far today, next to Activity and Calendar.

WHEN I WEAR IT

Evenings, weekends, and every errand in between. This is the default the watch returns to.

IF YOU DO NOT HAVE THE APP

No radar coverage	→	Carrot Weather and RainViewer both do radar
No Petey	→	Put Shortcuts there and route it yourself
Music person	→	Swap slot 4 for Now Playing

WHY IT WORKS

The corners hold the two apps that replace pulling out a phone entirely. Rain Alarm earns a corner in Chennai specifically, where the gap between bright and biblical is about eleven minutes.

Six apps, one page

Everything referenced in the three faces, with the honest caveat for each. Install in this order if you are starting from nothing.

Bevel

AI HEALTH COACH

Turns what your watch already recorded into recovery, strain and sleep scores. Needs two weeks before the baselines mean anything.

FREE CORE, PRO $14.99/MO

Hevy

WORKOUT TRACKER

Loads your routine onto the watch and syncs live, so the phone stays in the locker. Push workouts to Apple Health so Bevel can read them.

FREE TIER IS GENEROUS

Waterllama

WATER TRACKER

Log from the wrist in one tap. Knows 150+ beverages and sets a target from your weight, activity and the weather.

FREE, ONE-TIME UNLOCK

Rain Alarm

LIVE WEATHER RADAR

Watches real Doppler radar instead of forecasting probability. Trust the notifications; the complication can go stale.

FREE, PAID TIERS

OffScreen

SCREEN TIME CONTROL

Puts your pickup count on the watch face and runs focus sessions from the wrist. Requires location access to track accurately.

LIFETIME OPTION

Petey

AI CHAT

Proper AI chat on the wrist that reads answers aloud. Shortcuts support lets you route Siri requests to it instead.

FREE, IN-APP PURCHASES

WHAT'S NEXT

More of these, every week

I write The Useful Tech for people who want their Apple gear to actually earn its place. Setups, workflows and the occasional thing Apple never announced.