

## Breakup with the phone

### 1. Day – 1

- Track the screen time
- The first step is to check the screen time. Compare the time we think we spend on mobile with the actual screen time. Realise the difference.
- Answer the following questions,
  - a) If you had to guess, how many times a day do you think you pick up your phone?
  - b) How much time do you estimate that you spend on it per day?