



Metas

Establece una meta de racha para empezar a construir hábitos saludables

Establecer meta

Monitoreo

Instagram: 4 hrs
Youtube: 2 hrs
X: 1 hrs

Pomodoro

Crédito de Uso

Redes: Instagram, Facebook, Twitter, LinkedIn
Aplicaciones: YouTube, TikTok, Spotify

Mis rutinas Bloquear Apps

Detalle de Aplicación Instagram

Promedio diario: 4h 30 min

Time chart showing daily average screen time for Instagram across the week:

Día	Horas
D	2.5
L	3.5
M	3.5
M	2.5
J	3.5
V	5.5
S	2.5

Tiempo total esta semana: 45h 10min (+15%)

Promedio de aperturas diarias: 38 veces por día

Sesión más larga: 1h 45min

Metas

Alcanza tus objetivos de bienestar digital y desbloquea logros. Establece rachas para mantener la motivación y monitorea tu progreso hacia hábitos más saludables.

Racha

7 Días, 14 Días, 21 Días, 30 Días

Comenzar

Resumen de Logros

1 Desbloqueados, 5 Total, 20% Completado

Logros

Maestro del Enfoque: Completa 50

Monitoreo de Aplicaciones

Aníliza tus hábitos de uso del dispositivo con estadísticas diarias para ayudarte a mejorar tu tiempo frente a la pantalla.

Pico de actividad: 16:00-20:00 Horas

Time chart showing peak activity times for the day:

Hora	Horas
24-04	0.5
04-08	1.5
08-12	2.5
12-16	3.5
16-20	5.5
20-24	2.5

Aplicaciones más Usadas

Instagram: 4 hrs, Youtube: 2 hrs, X: 1 hrs

Detalle de Aplicación Instagram

Promedio diario: 4h 30 min

Time chart showing daily average screen time for Instagram across the week:

Día	Horas
D	2.5
L	3.5
M	3.5
M	2.5
J	3.5
V	5.5
S	2.5

Tiempo total esta semana: 45h 10min (+15%)

Promedio de aperturas diarias: 38 veces por día

Sesión más larga: 1h 45min

The image displays six screenshots of a mobile application interface, likely a productivity or time management tool, arranged in a 2x3 grid. All screens are in dark mode.

- Pomodoro Screen:** Shows a timer set for 25:00. Below the timer are buttons for "Enfoque" and "Descanso". A progress bar indicates "Sesiones 0 / 3". A large blue play button is at the bottom. A note at the top says "Puedes usar el temporizador libremente o vincularlo a una tarea guardada." Below the timer, there's a section for linking the timer to a task.
- Tareas Screen:** Lists three tasks: "Leer" (Focus 45 min - Break 10 min, Sessions 2/4), "Limpiar pieza" (Focus 30 min - Break 6 min, Sessions 0/4), and "Estudiar química" (Focus 45 min - Break 10 min, Sessions 4/4). Each task has a play button next to it. A "Crear Tarea" button is at the bottom.
- Agregar Tarea Screen:** Allows creating a new task. It includes fields for "Nombre" (Name) and "Número de sesiones" (Number of sessions) set to 4. It also includes "Duración de enfoque (minutos)" (Focus duration in minutes) set to 25:00 and "Duración de descanso (minutos)" (Break duration in minutes) set to 05:00.
- Editar Tarea Screen:** Shows the edit screen for the "Leer" task. It has fields for "Nombre" (Name set to "Leer") and "Número de sesiones" (Number of sessions set to 4). It also shows the "Duración de enfoque (minutos)" (Focus duration set to 45:00) and "Duración de descanso (minutos)" (Break duration set to 10:00).
- Crédito de Uso Screen:** Manages usage credits for groups. It shows two groups: "Redes" with 30 min restantes / 1h and "lol" with 26 min restantes / 1h. Each group has a progress bar and a list of icons representing apps. A "Crear nuevo grupo" button is at the bottom.
- Eliminar grupos Screen:** Allows deleting selected groups. It shows a list of selected groups: "Redes" (30 min restantes / 1h) and "lol" (30 min restantes / 1h). At the bottom are "Cancelar" and "Eliminar" buttons.

The image displays six screenshots of a mobile application interface, arranged in a 2x3 grid, showing various features for managing routines and app blocking.

Screenshot 1: Ajustar tiempo

This screen allows users to set time intervals for routines. It includes fields for "Nombre" (Name) and "Horario" (Schedule), with two time selection fields: "00:00 D L M X J V S" and "00:00 D L M X J V S". Buttons for "Cancelar" (Cancel) and "Guardar" (Save) are at the bottom.

Screenshot 2: Seleccionar Aplicaciones

This screen shows a list of apps to block: Instagram, YouTube, X (Twitter), Facebook, TikTok, and Reddit. Each app has a checkbox next to its name. Buttons for "Cancelar" (Cancel) and "Guardar" (Save) are at the bottom.

Screenshot 3: Rutinas

This screen lists existing routines: "Meditación matutina" (7:00 - 7:30, Todos los días), "Descanso de pantalla" (15:00 - 16:15, D L M M J V S), "Ejercicio" (17:00 - 18:30, D L M M J V S), and another "Meditación matutina" (7:00 - 7:30, Todos los días). A button for "+ Agregar Rutina" (Add Routine) is at the bottom right.

Screenshot 4: Agregar Rutina

This screen allows users to create a new routine. It includes fields for "Nombre" (Name) and "Horario" (Schedule). The "Horario" section shows "Todo el día" (All day) selected. Below it, a clock interface shows "12 : 00 AM" for both "Desde" (From) and "Hasta" (To). A "Repetir" (Repeat) section shows "Todos los días" (Every day) selected. Buttons for "Cancelar" (Cancel) and "Guardar" (Save) are at the bottom.

Screenshot 5: Ejercicio

This screen shows a routine named "Ejercicio" scheduled "Todo el día" (All day) from 17:00 to 18:30. It includes a "Repetir" (Repeat) section with options for "Todos los días", "Cada semana", and "Cada mes". A "Seleccionar apps a bloquear" (Select apps to block) section is also present. A "Listo" (Done) button is at the bottom.

Screenshot 6: Bloqueo de apps

This screen allows users to block specific apps. It includes a search bar "Buscar Apps" and a list of apps with their status: Instagram (Habilitada/Enabled), Facebook (Habilitada/Enabled), Twitter / X (Deshabilitada/Disabled), YouTube (Habilitada/Enabled), TikTok (Habilitada/Enabled), WhatsApp (Deshabilitada/Disabled), and Snapchat (Deshabilitada/Disabled). Buttons for "Cancelar" (Cancel) and "Guardar" (Save) are at the bottom.