



Digital Habits Audit - Reflection Template

Let's take a closer look at your current digital habits. This Digital Habits Audit will help you reflect on how much time you spend on your phone and which apps you use most often.

Answer each question honestly using the screen time data from your phone. Then, rank the apps you use the most and reflect on your patterns.

Step 1: Answer the questions below

- How much time do you spend on average using your phone daily?

- How much time from your day does your phone use take? (Divide the number from question 1 by 24, then multiply by 100- that's your percentage).

- How much time from your awake time does your phone use take? (Subtract your sleep hours from 24 hours, e.g. 16. Then, divide the number from question 1 by 24, then multiply by 100- that's your percentage).

- How many hours a week do you spend on your phone? (Multiply your daily average by 7).

- How many times do you check your phone daily? (Check the metric called “pickups” on your phone’s screen time function).

- Are there any days in your week when your phone use is significantly higher?

- Are there slots during the day when your phone use is significantly higher?

- How long before your usual bedtime do you turn off screens? (Experts generally suggest turning off your screens at least 30 minutes to an hour before bed).

Step 2: Rank the apps you use the most below

Rank them by order of use:

Ranking: 1

APP:

Hours/Day:

Hours/Week:

Ranking: 2

APP:

Hours/Day:

Hours/Week:

Ranking: 3

APP:

Hours/Day:

Hours/Week:

Ranking: 4

APP:

Hours/Day:

Hours/Week:

Ranking: 5

APP:

Hours/Day:

Hours/Week:

Step 3: Reflect about your Digital Habits below

- How do you feel about your current Digital Habits? Are you surprised about your results?