An app that tracks the usage of your phone. I have a problem of checking my phone and most times when I do check it, I either open up a social media app or other apps such as Reddit or YouTube. Typically, when that happens I usually get distracted at least for five minutes, if not, more. The idea is to be able to keep a time record for whenever you have your phone unlocked. The app then gives details on how much time you have spent on specific apps to tell you where you're being distracted the most. However, this may not discourage people to stay off their phones more often. Maybe after the end of each day, it sends the user a discouraging message about their time spent on their phones. An example would be, "You have spent 35 minutes on YouTube today, this time could have been used to call your mother!"