



Login

Sign Up

Enter your email

Enter password

Login

[Forgot password?](#)

G

f

Home



Time Saved
Today
1h 30m

Streak Days
4 Days 🔥

Total Detox
Hours
13h this
week

Great job! Keep it up 🎉

Track

Weekly Usage

Mon

Tue

Wed

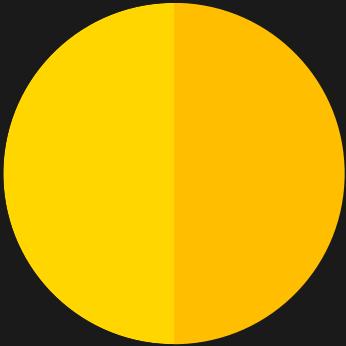
Thu

Fri

Sat

Sun

App Usage



- Instagram
- YouTube
- WhatsApp

Weekly View

Export Report



Goals

My Goals

Challenges

Select App

Choose an app



Limit per day

2 hours

00 minutes

Apply to all days



Evening only (6 PM–10 PM)



Set Instagram to 2 h 00 m/day

Set Goal

Reset All Goals

View Active Goals

Challenges

My Goals

Challenges

Avoid Instagram for 3 h  +20 Coins

01:45 remaining

Complete Challenge

 240



Redeem Coins

Profile



Username

gmail@gmail.com

Streak
4 Days 

Total
Detox
17 h

Goals
Done
12



Relaxation Suggestions 



Family Sync Settings 



Notification Settings 



General Settings 

Log Out



Relaxation Suggestions

"Your peace is a breath away."



5 min Guided Meditation

Find calm in 5 minutes.

Start Now



Quick Walk Outside

Step away for fresh air.

Start Now



Read a Page

Immerse in a good book.

Start Now

Auto-suggest every 2 h





Family Sync

Invite Member



Sarah Johnson

Mother

75%



Mike Johnson

Father

60%

Enable Encouragement Messages



Leaderboard

1. Sarah – 6 Days
2. Mike – 4 Days
3. –

← Notification Settings

Enable Notifications

Show Motivational Quotes

Schedule

Morning – 8:00 AM 

Evening – 7:00 PM 

Tone

Friendly

Funny

Gentle

Save Settings





General Settings

Edit Profile >

Change Password >

Theme: Dark Mode



Clear All Progress

Delete Account

