Excessive screen time negatively impacts a person’s health, and limits exercise. Existing solutions limit screen time but require personal motivation. Success criteria were: Application should be able to retrieve correct data for the correct user 90% of the time (2 step margin); Desktop application should disable internet access for the correct user at the correct time with 90% accuracy (2 second margin); Application should be able to detect additional physical activity and allocate time accordingly 90% of the time (2 second margin). Design constraints included: System cannot work without user wearing Google Fit tracker when exercising; router used must provide application programming interface to control internet access; cannot exceed six weeks to prototype. My solution creates an autonomous version of existing solutions and a balance between exercise and screen time. By using someone’s fitness data to determine their screen time, a balance between them can be ensured. I used a virtual router to provide a wifi network for the user’s devices. Data from the user’s fitness tracker controlled their network access through the router. In the initial design, application was unable to retrieve correct data for the correct user. Desktop application was unable to block and re-enable internet access for the correct user. Application was unable to detect additional physical activity and allocate time accordingly. After redesigning, all success criteria were met 100% of the time. In the future, countdown time would be based on how much screen time someone used, instead of counting from when they log data.