

My Digital Balance

Day Type ▾

Select date range ▾

Total Screen Time (Hrs)

1,022.47

Productive (Hrs)

407.5

Unproductive (Hrs)

614.97

Day Type

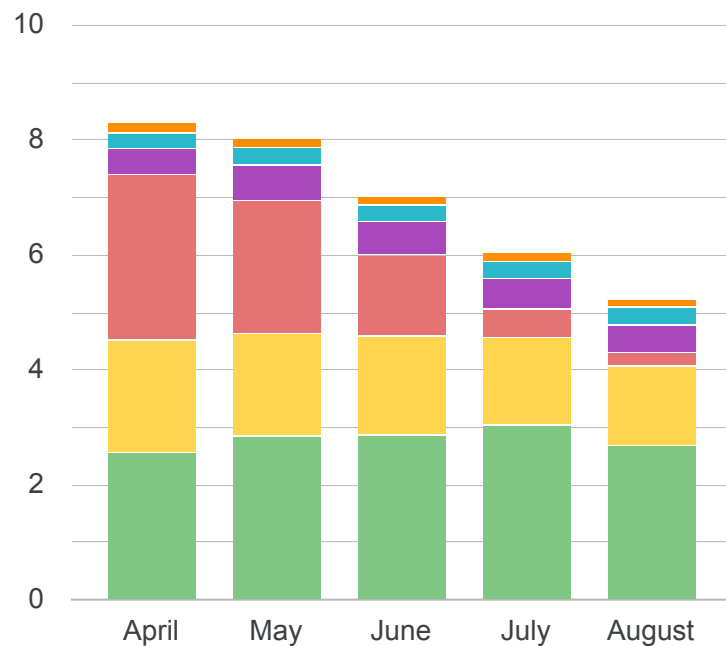
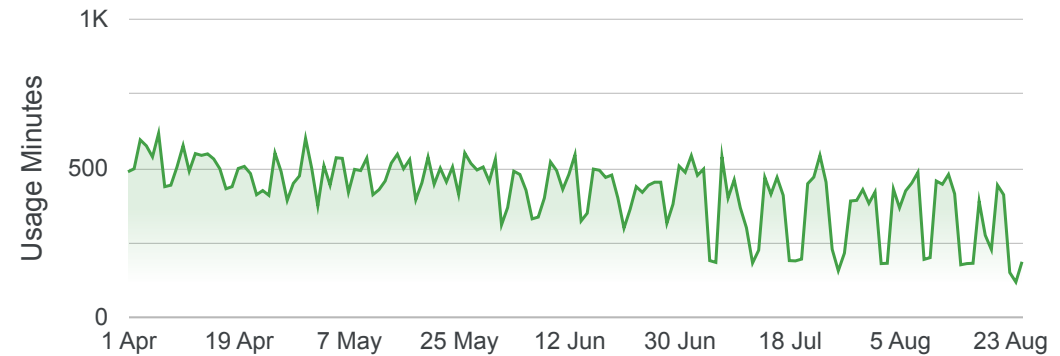
Office

Top App Used

WhatsApp

Month	Time_Min ▾	Time_Hrs	AvgHrs	Office	WFH	Holiday
April	14,897	248.28	8.28	22	0	8
May	14,877	247.95	8.00	20	2	9
June	12,591	209.85	7.00	20	1	9
July	11,194	186.57	6.02	22	1	8
August	7,789	129.82	5.19	15	2	8

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Productivity
Social
Entertain...
Other
Personal
Work

Productive

Avg Daily Ho...

Non-Productive

4.18

Productive

2.77

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