

My Digital Balance

Day Type

Date

Total Screen Time (Hrs)

1,022.47

Productive (Hrs)

407.5

Unproductive (Hrs)

614.97

1-5/5

Office

Day Type

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





