



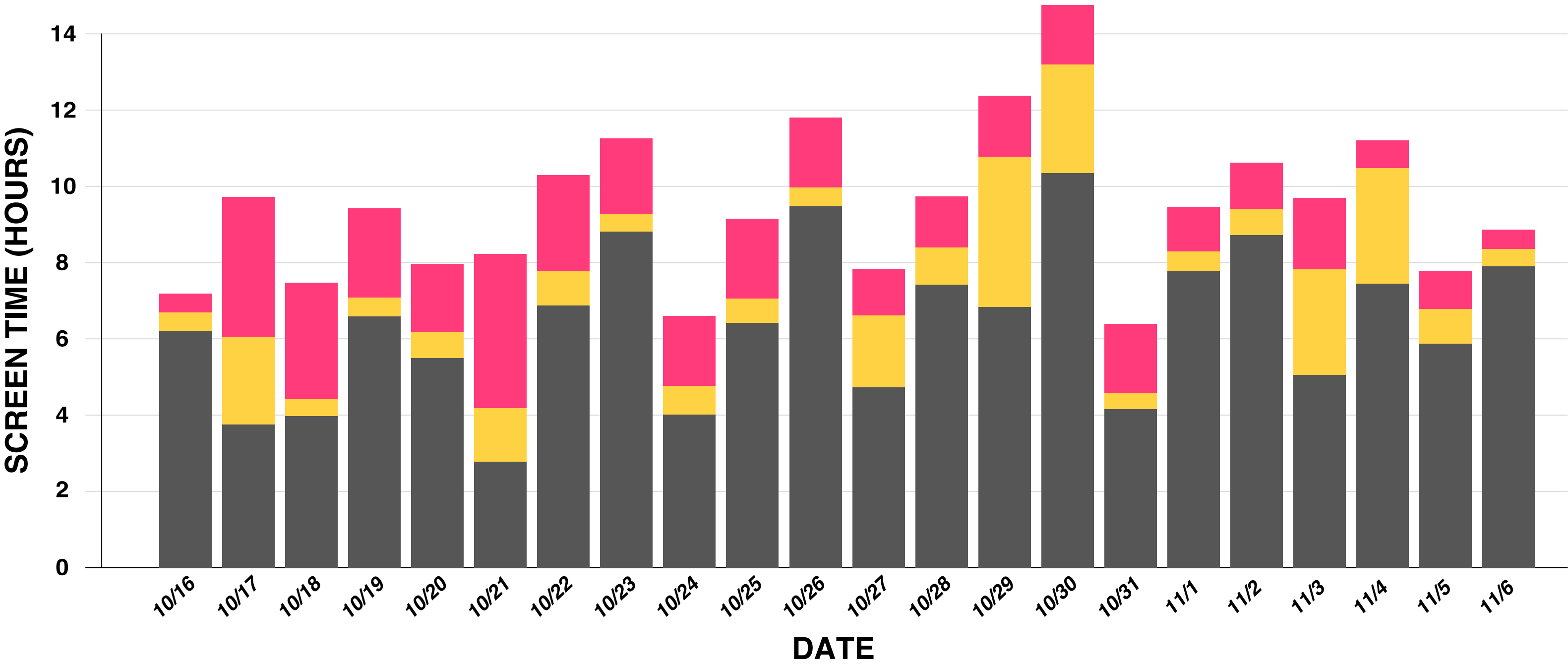
Personal iPhone Screen Time Statistics

Most Used Apps

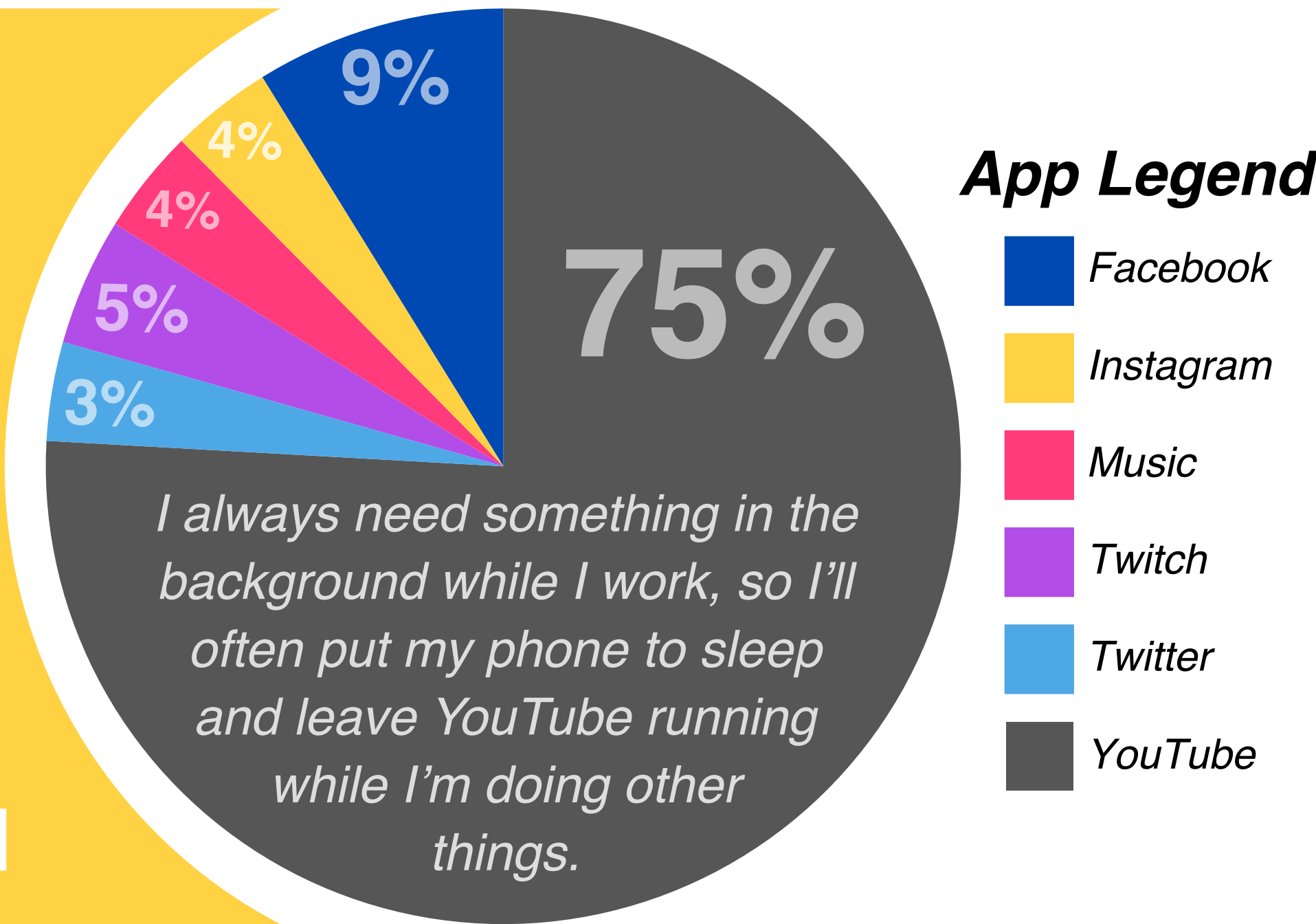
**measured in hours*

My screen time app allocation used to be all over the place. This visualization shows a lot of change from back then! I used to have an addiction to social media, but this shows that I have overcome that!

App Legend



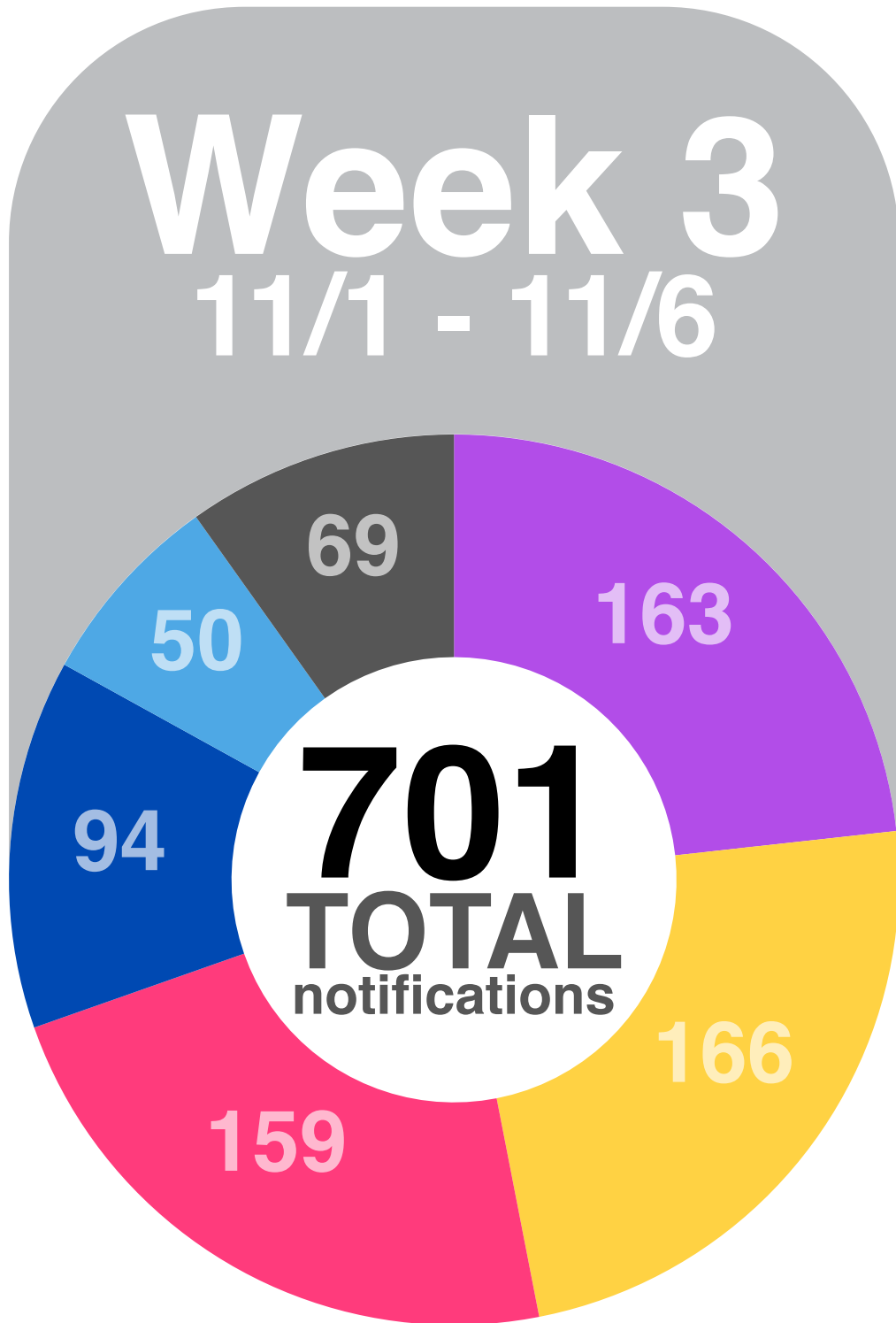
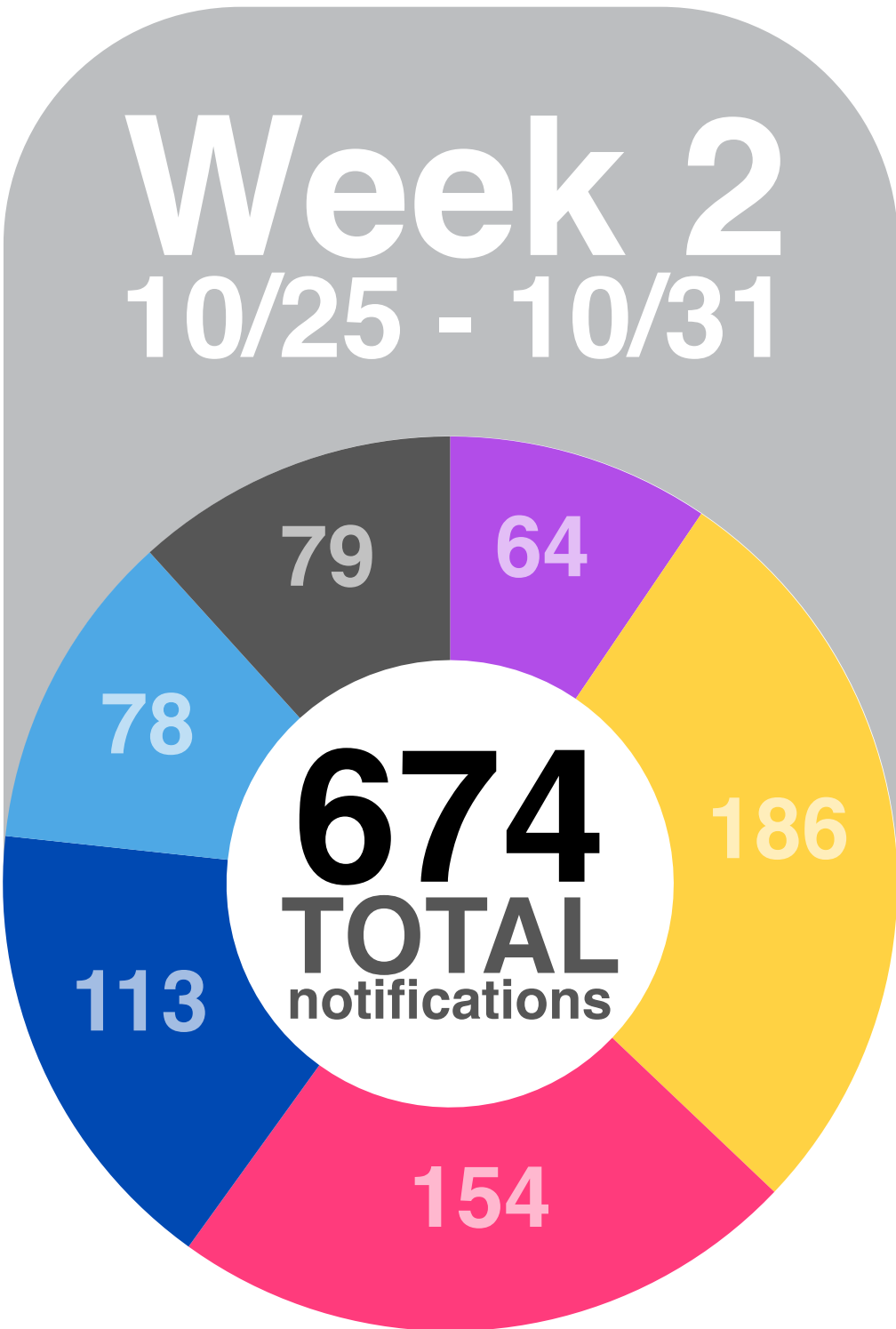
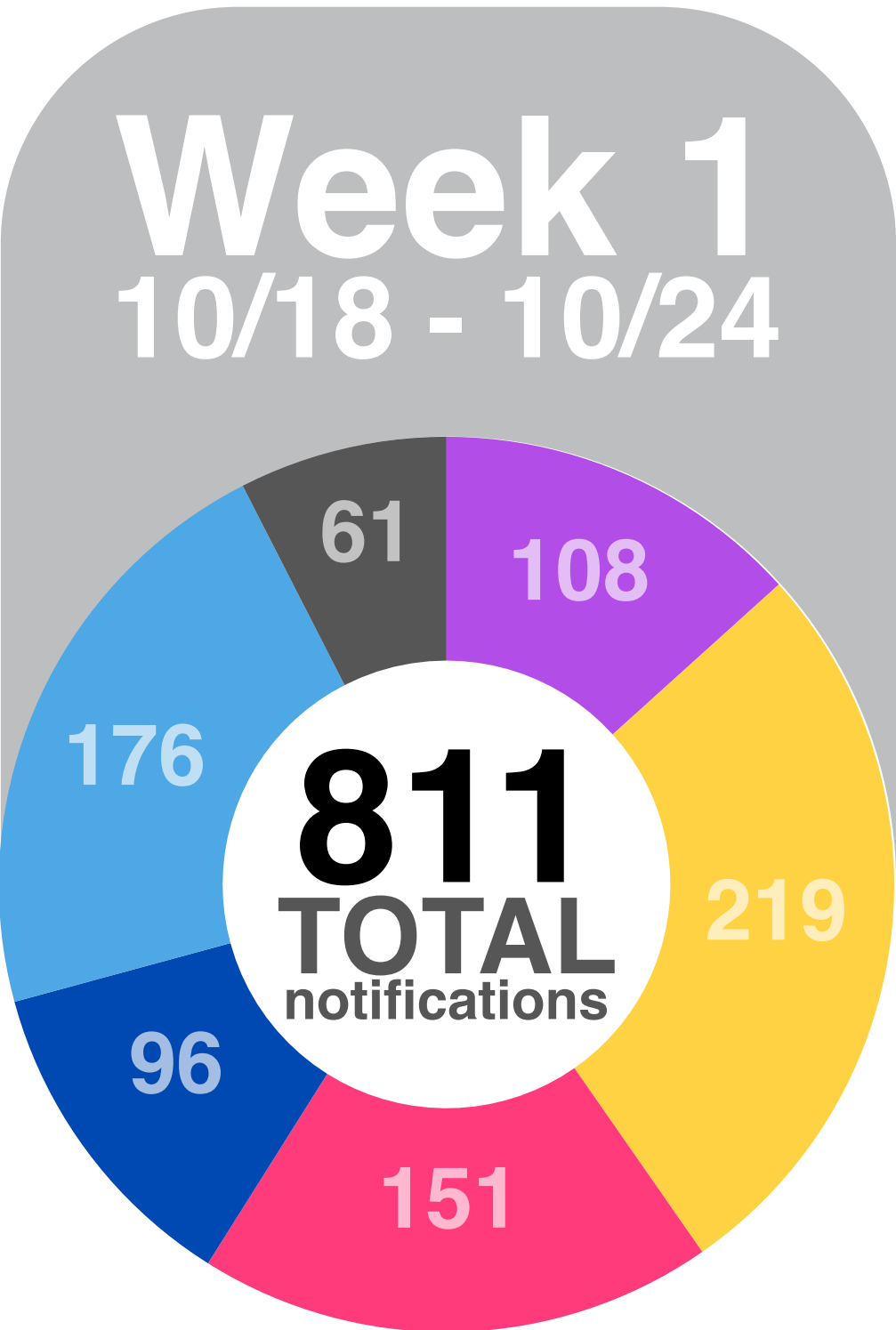
TOTAL
Screen Time:
175
hours
over a 4-week period



Notifications

**measured in total number per week*

The most interesting result to me was the amount of Ring notifications I get! I have a doorbell that tells me when it detects motion, and I live in an apartment complex. There's a lot of motion here!



App Legend

