

So, how many times do I check my phone every day?

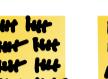
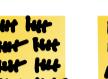
 workday  
 day off

Manual Tracking

Automatic Tracking

Manual Tracking

Automatic Tracking

	Manual Tracking	Automatic Tracking	Manual Tracking	Automatic Tracking	
26-1		              	              	25-2	      
27-1		              	              	26-2	      
28-1		              	              	27-2	      
29-1		              	              	28-2	      
30-1		              	              	1-3	      
31-1		              	      <img alt="Hand		