













Isolation	Redistribution	Reduction
<div data-bbox="21 730 147 860"></div> <div data-bbox="21 876 147 958">Targeted Goal</div> <div data-bbox="147 665 252 893">Time ↓</div> <div data-bbox="441 568 567 649"></div> <div data-bbox="567 519 693 617">Time →</div> <div data-bbox="441 730 567 844"></div> <div data-bbox="567 763 693 812">→</div> <div data-bbox="441 941 567 1023"></div> <div data-bbox="567 958 693 1006">→</div> <div data-bbox="21 1071 672 1185">Time on Other Apps Remains the Same</div>	<div data-bbox="714 730 840 860"></div> <div data-bbox="714 876 840 958">Targeted Goal</div> <div data-bbox="840 665 945 893">Time ↓</div> <div data-bbox="1134 568 1260 649"></div> <div data-bbox="1260 519 1386 649">Time ↑</div> <div data-bbox="1134 730 1260 844"></div> <div data-bbox="1260 763 1386 812">↑</div> <div data-bbox="1134 941 1260 1023"></div> <div data-bbox="1260 958 1386 1006">↑</div> <div data-bbox="714 1071 1365 1153">Time on Other Apps Increases</div>	<div data-bbox="1407 730 1533 860"></div> <div data-bbox="1407 876 1533 958">Targeted Goal</div> <div data-bbox="1533 665 1638 893">Time ↓</div> <div data-bbox="1827 568 1953 649"></div> <div data-bbox="1953 519 2079 649">Time ↓</div> <div data-bbox="1827 730 1953 844"></div> <div data-bbox="1953 763 2079 812">↓</div> <div data-bbox="1827 941 1953 1023"></div> <div data-bbox="1953 958 2079 1006">↓</div> <div data-bbox="1407 1071 2058 1153">Time on Other Apps Decreases</div>