Choose a Plan that makes.

Reduce Phone Usage in General

Reduce Phone usage on specific Apps

cologo for prof

Reduce Phone Usage

How much time do you want to save per day?

Submit

Reduce Phone Usage on Selected (+) Select Apps Instagram Submit

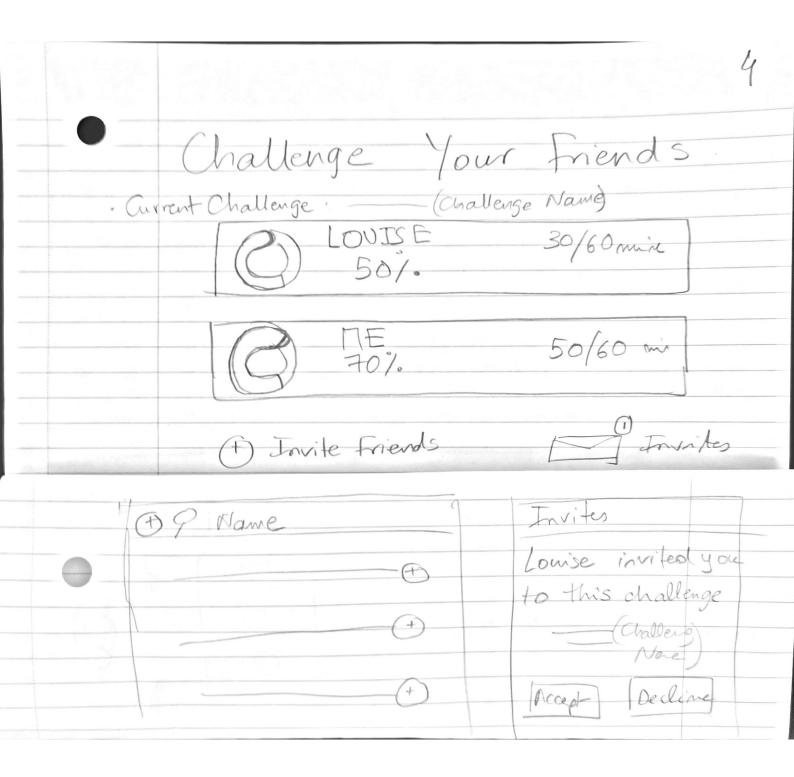
3 close Your Ring of 50 min Saved here Almost Your Ring Friends ettings.

(Chick on) Per Month < this week? Goal No of Notifications perday 324 No of Unlocks per day 127

Challenge Your Friends · Current Challenge · (Challenge Name)

[O) LOVISE 30/60 min

50/. 50/60 mi Trystes (A) Invite Friends leaderboard 1. Victor 2. Daniela 3. You. h Noah You Ring Friends



App Settings Goal 40 min Saved Time Selected Apps Account Setting Email Password Privacy Settings YES. Allow Notification History