

Take the Gray Phone Challenge

To get started with the Gray Phone Challenge, please provide us an email address for us to send you the daily notifications and answer the following questions about how you use your phone. You will also be able to share with us some socio-demographic data on the page after next.

Your privacy is important to us and we will use these answers **only** to coordinate the challenge and to compare results between people.

Email address *

Your answer

Mobile phone number

If you wish to receive SMS notifications, please enter your phone number here

Your answer

At what time of the day would you like to receive notifications? *

You can expect a daily email or text at this time, telling you whether you should set your phone to grayscale or color the next day. The best time is before midnight or before your bedtime so you can make the change when the message arrives.

Time

:

What is your Timezone? *

Choose

What is the model of your phone? *

If you're unsure, follow Apple's guide at <https://support.apple.com/en-us/HT201296>

- ☐ iPhone 4/4s/SE
- ☐ iPhone 5/5c/5s
- ☐ iPhone 6/6s/7/8
- ☐ iPhone 6/6s/7/8 Plus
- ☐ iPhone X
- ☐ Android (any)

How many smartphones do you have? *

Your answer

How many tablets do you have? *

Your answer

Are you using your main phone for this gray phone challenge? *

A main phone is the phone you use the most.

- ☐ Yes
- ☐ No

Do you use this phone for work?

- ☐ I take work calls and messages on this phone
- ☐ Apps on this phone are part of my daily work (e.g. maps, social media, photography, measurement tools)

Cellphone Usage

By answering how you use your cellphone, you can help us look for similarities between people who use phones in similar ways.

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What is your phone's current auto-lock setting? *

To find out, go to Settings > Display & Brightness > Auto-Lock on your iPhone

- ☐ 30 seconds
- ☐ 1 minute
- ☐ 2 minutes
- ☐ 4 minutes
- ☐ 5 minutes
- ☐ Never

How often do you use the "Do Not Disturb" function? *

On iPhones, this is the switch that turns off the ringtone and other notifications

- ☐ Almost all the time / all the time
- ☐ At least once a day
- ☐ A few times a week
- ☐ Once a week or less

On average, how many minutes do you spend on your phone each day? *

For example, enter 120 if you spend 2 hours (120 minutes) on your phone each day

Your answer

On average, how often do you check your smartphone? Once every __ minutes *

For example, enter 30 if you check your phone once every 30 minutes, and 120 if you check your phone once every 2 hours

Your answer

How much time do you use your smartphone for the following activities? *

Please choose the rough percentage of your smartphone use time. They should add roughly to 100. (on mobile, swipe right for higher numbers)

	Never	0-10%	11-20%	21-30%	31-40%	41-50%	51-60%	61-70%	71-80%
Navigation & transportation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Videos and music	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Reading (books, blogs, newspapers, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Social networking (e.g. Facebook, Twitter, Instagram)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Personal messages	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Family messages	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Work messages	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



Where do you normally keep your mobile phone? (Check all that apply) *

- ☐ Trousers/pants/dress pocket
- ☐ Jacket/shirt pocket
- ☐ Handbag
- ☐ Shoulder bag
- ☐ Table/desk
- ☐ Near your bed (e.g., nightstand)

Do you subscribe to a monthly mobile phone plan? *

- ☐ Yes
- ☐ No

How much mobile data is included in your monthly mobile phone plan? *

- ☐ I don't subscribe to any monthly mobile phone plan
- ☐ Less than 200MB
- ☐ 200MB - less than 1GB
- ☐ 1GB - 4GB
- ☐ More than 4GB

How do you access the Internet on your phone? *

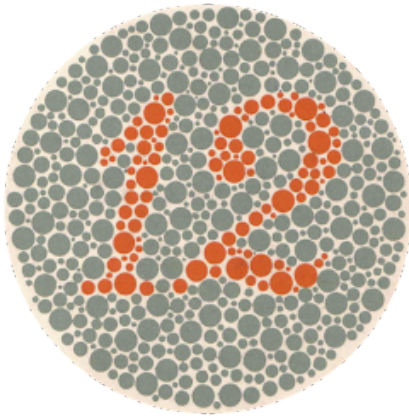
Please choose the rough percentage of how often you use the following means to access the Internet on your phone; should add up roughly to 100.

	0-10%	11-20%	21-30%	31-40%	41-50%	51-60%	61-70%	71-80%	81-90%	
Mobile data	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1
Wifi	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
No internet access	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	

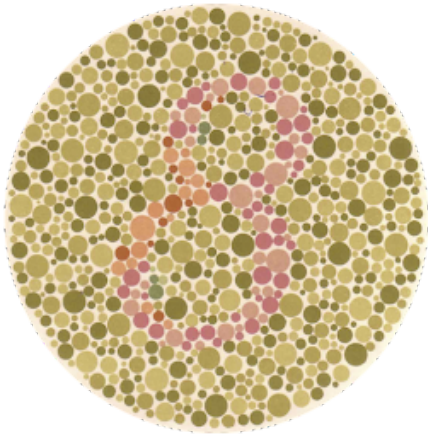


What's the Number?

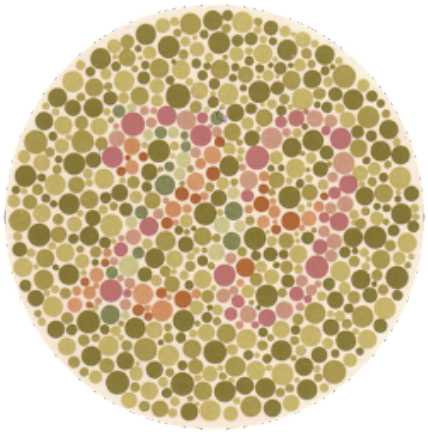
Tell us what you see from the pictures below. Type "N/A" if you don't see any numbers.



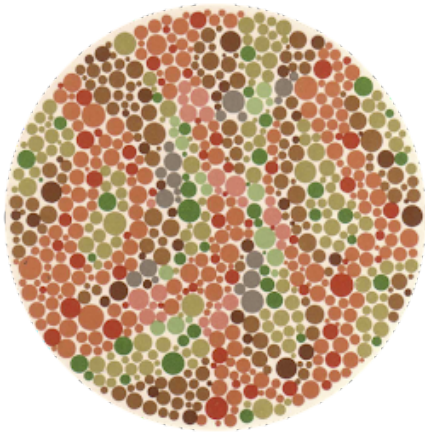
Your answer



Your answer



Your answer



Your answer

Have you ever been diagnosed with colorblindness?

- ☐ Never been diagnosed with color blindness
- ☐ Yes - Deuteranomaly
- ☐ Yes - Protanomaly
- ☐ Yes - Protanopia
- ☐ Yes - Deuteranopia
- ☐ Yes - Tritanopia
- ☐ Yes - Tritanomaly
- ☐ Yes - Achromatopsia

Socio-Demographic Information

By providing socio-demographic information, you can help us look for similarities between people who use phones in similar ways.

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What is your year of birth?

Choose



What is the highest degree or level of school you have completed?

If you're currently enrolled in school, please indicate the highest degree you have received.

Choose



Employment status: Are you currently ...?

Choose



If you are employed, how many jobs do you have?

Please enter a number. If you are a freelancer, please include how many distinct contracts/projects for different clients you are working on right now.

Your answer

Guess the Effect of a Gray Phone

Over the next few weeks of the Gray Phone Challenge, you will be testing the effect of a gray screen on the time you spend on your phone. Going into it, what do you expect?

Turning my phone gray will...

- ☐ INCREASE the time I spend on my phone
- ☐ DECREASE the time I spend on my phone
- ☐ Have NO MEANINGFUL effect on the time I spend on my phone

How confident are you about the effect you predict?

1 2 3 4 5 6 7

Not confident at all



Certain about the effect

How commonly will others experience the same effect as you?

1 2 3 4 5 6 7

Most will have the same effect
as me

☐ ☐ ☐ ☐ ☐ ☐ ☐

There will be no pattern in the
effect

Tell us more about why you're participating (optional)

Your answer

Submit

