

Smartphone – Screen Time Tool:

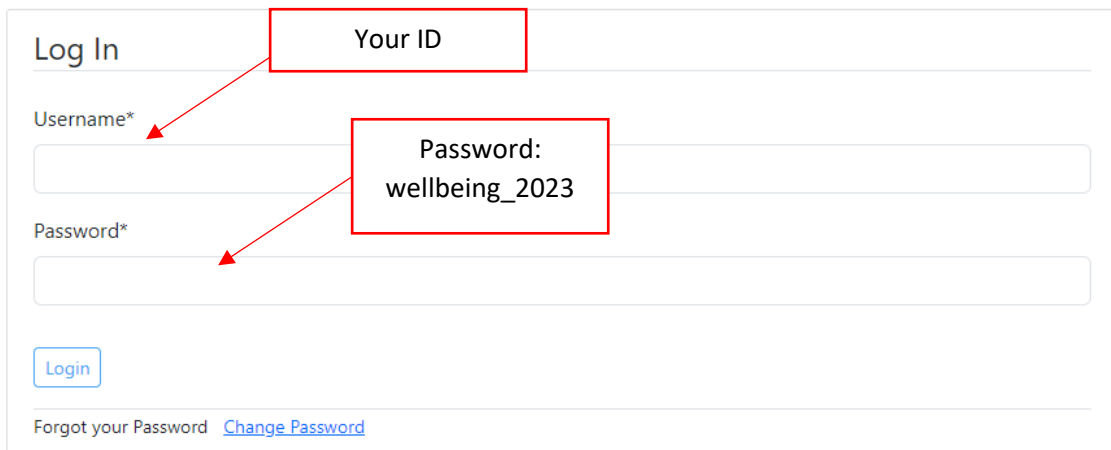
You can find our website to track the Smartphone screen time at:

<http://isetud.pythonanywhere.com/>

Install your Account:

1. Enter your Login data

ISE Increasing Well-Being with Data Analytics



The image shows a login form with the following elements:

- Log In**: The title of the form.
- Username***: The label for the first input field.
- Password***: The label for the second input field.
- Login**: A button to submit the form.
- Forgot your Password**: A link to reset the password.
- Change Password**: A link to change the password.

Annotations in the image:

- A red box labeled **Your ID** has an arrow pointing to the Username input field.
- A red box labeled **Password: wellbeing_2023** has an arrow pointing to the Password input field.

2. Set your own Passwort and create a password recovery code:

Set Password

Old password*

New password*

- Your password can't be too similar to your other personal information.
- Your password must contain at least 8 characters.
- Your password can't be a commonly used password.
- Your password can't be entirely numeric.

New password confirmation*

Create Security Code

If you forget your password, you will need this code to reset it

Question

First 3 letters of your mothers first name

Last 2 numbers of the year you were born

Last 3 letters of the city you were born

2. and 5. digit of your matriculation number

Create Code

Answer

Submit

How to use the WebApp:

Choose your device, kind of data and the date for which you want to enter your screen time

Phone

Tablet

App

Website

09.05.2023

Add screen time

Name	Hours	Minutes	Frequency	Errors
name	hours	min	frequ	

Submit Data

Add Row

Delete Row

Add new app or website

Edit existing screen time data

Edit app or website entries

09.05.2023

Add screen time

Name	Hours	Minutes	Frequency	Errors
Youtube	2	min	1	
Facebook	hours	23	4	
name	hours	min	frequ	

Submit Data

Add Row

Delete Row

Enter your Apps/Sites you used for that day and the associated screen time and frequency (how often you opened the app)

Click Submit



Add new app or website

Name

▼

Create Entry

Edit existing screen time data

Date	Device	Type	Name	Category	Hours	Minutes	Frequency		
05.05.23	phone	app	Youtube	Video	4	54	4		

- you can add new Apps/Websites to your autofill options
- You can edit or delete your existing entries for the specific day and the selected device/Kind of data