

**Pro Watcher**

# Pro Watcher

[Log In](#)[Register](#)

Television, computer games, cell phone usage, whatever your choice of procrastination, use this site to watch and track where your precious time is spent.

Log in daily to update your time spent "Pro" crastinating.  
View your data on a per-category coloured calendar.  
Compare your "screen time" against other users.  
Set targets for yourself to try and cut down your time at a screen.

# Pro Watcher

## Enter your login details

All fields must be filled out please

First Name:

Last Name:

Email:

Display Name:

Secret Word:

# Pro Watcher

Enter your login details

If you have not yet registered please [click here](#)

User Name:

Password:

# Pro Watcher

Access Denied, return to Log In page to re-enter your credentials

# Pro Watcher

[Log Out](#)[Home](#)[Data Entry](#)[Calender](#)[Friend Watch](#)[Statistics](#)[Summary](#)

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## Check In

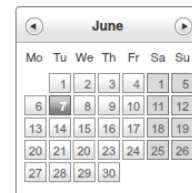
Use this from to log your daily time spent at a screen.

If there is a type of screen time not listed, press "Log Time" with "New Type" selected in the menu.

New Type ▼

Hours:

Log Time



## New Category

Enter the name of the category you wish to create.

[Confirm Entry](#)



## Screen Time Calender

Select a category from the below drop down menu to view your logged screen times.

Total Screen Time



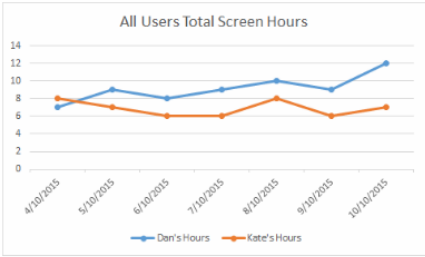
## Friend Watch

Use this page and see how you measure up against your friends and the other members of the group.

Let this be a challenge to you.

Select a friend to compare your last week's time with

Kate Hansen



Compare your total logged screen hours to the group

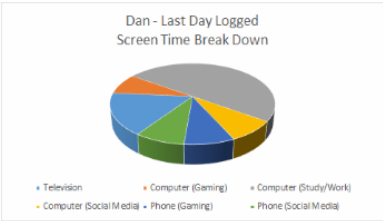
User	Grand Total Screen Hours
Dan	64
Kate	48

## Statistics

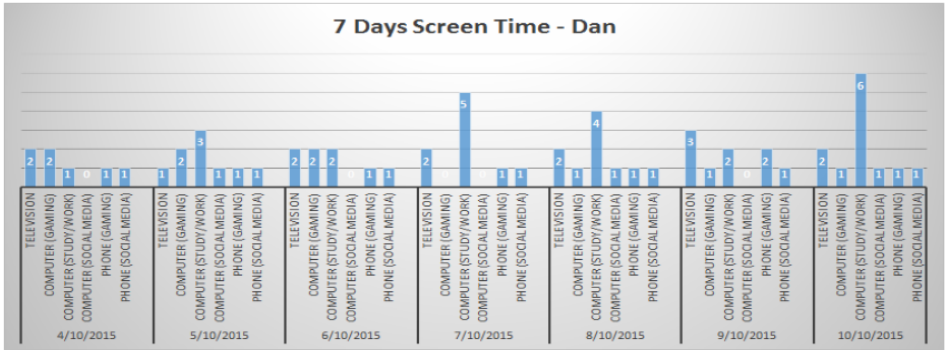
Time to view your info plotted onto graphs.

Don't get too embarrassed!!

Your last day logged broken into categories



Your last day weeks logged statistics



## Summary

Here you can see all the data you have logged since you joined the group, and you can view totals of each category.

Dan Screen Time Totals						
Date	Television	Computer (Gaming)	Computer (Study/Work)	Computer (Social Media)	Phone (Gaming)	Phone (Social Media)
4/10/2015	2	2	1	0	1	1
5/10/2015	1	2	3	1	1	1
6/10/2015	2	2	2	0	1	1
7/10/2015	2	0	5	0	1	1
8/10/2015	2	1	4	1	1	1
9/10/2015	3	1	2	0	2	1
10/10/2015	2	1	6	1	1	1
TOTAL	Television	Computer (Gaming)	Computer (Study/Work)	Computer (Social Media)	Phone (Gaming)	Phone (Social Media)
	14	9	23	3	8	7