One-evening app audit

Fill this in tonight, from memory first, then check Settings > Screen Time.

1. The five apps I open without deciding to

	APP	MY GUESS (MIN/DAY)	REAL (SCREEN TIME)	WHEN I REACH FOR IT
1				
2				
3				
4				
5				

2. My weak hours (tick the ones that sound like you)

- ☐ Right after waking
- ☐ Commute or waiting
- ☐ Work or study breaks
- ☐ After dinner
- ☐ In bed, lights off
- ☐ Weekends, all day

3. Three starter rules (beginners: keep them this small)

PROTECT Which 1 to 3 apps get a shield first?

_____

PASS If I really need one, how long? (5, 10 or 15 min) Reason:

_____

ZONE One protected window, e.g. 9 PM to 7 AM. From ____ to ____

_____

4. What I will do instead (one line each)

When I wake up: _____

On a break: _____

In bed: _____

Free to print and copy. Made by Honest Little Apps. Not medical advice.

Seven-day tally

One row a day. Tally marks, not minutes. Fill it in at night; it takes under a minute.

DAY	TIMES I STOPPED MYSELF	TIMES I LET MYSELF IN	RULE I BENT	MOOD 1-5
1 Mon				
2 Tue				
3 Wed				
4 Thu				
5 Fri				
6 Sat				
7 Sun				

Day 7 check-in

Which rule held best, and why?

Which hour was hardest? Move your Zone there.

Keep, loosen or tighten each rule for week 2:

How to read your tally

A day with more stops than let-ins is a good day, even if the let-ins were long. If the same hour keeps winning, that is information, not failure: put your protected window there next week. If a rule felt like punishment, loosen it. A rule you keep beats a strict one you abandon on day three.