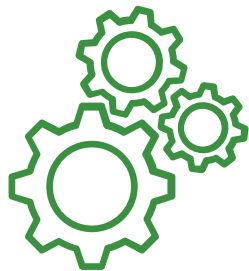


How to Calculate Your Screen Time



Finding Your Screen Time Data:

iPhone: Go to settings, screen time, see all app and website activity

Android: Go to settings, digital wellbeing and parental controls

Equations for Calculating Screen Time:

Step 1: Find Daily Average in Your Phone's Settings

Step 2: Calculate the Weekly Total

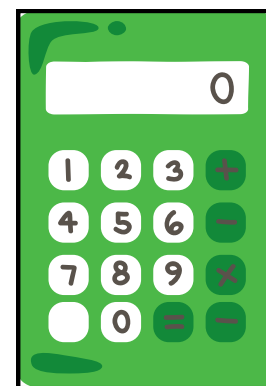
Daily Average x 7 days a week = Weekly Total

Step 3: Calculate the Yearly Total

Weekly Total x 52 weeks a year = Yearly Total

Step 4: Calculate the Percent of the Year on Your Phone

$\frac{\text{Yearly Total}}{8,760 \text{ hours in a year}}$ = Percent of the Year Spent on Your Phone



Your Own Screen Time Calculation:

Follow the steps above to calculate your own screen time!

Step 1. _____

Step 2. _____

Step 3. _____

Step 4. _____

Scan for a
screen time
calculator
and more
information!

