AUTHENTIKA ACADEMY

MODULE 2

Smartphone Screen Time

Lesson 4

Smartphone Screen Time
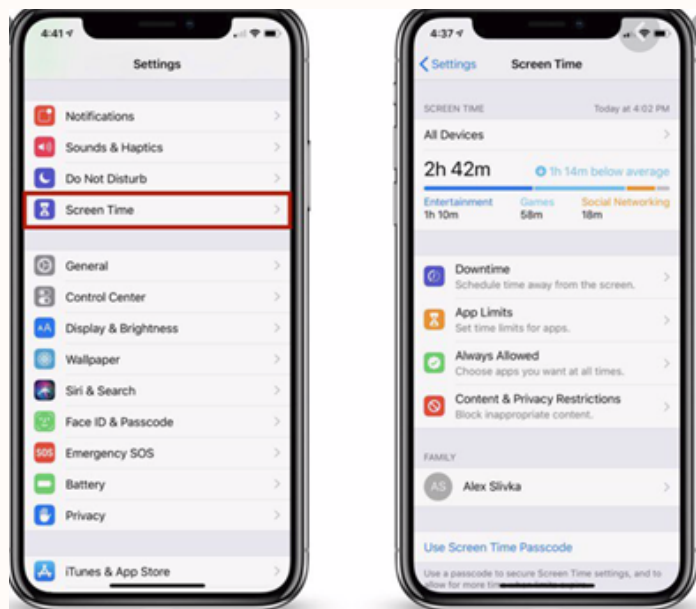
Supercharge Your Motivation

Authentika Academy

Authentika Consulting Inc.

Your assignment is to objectively review your phone usage in your life to discover if there might be a small dependency you have with your smartphone.

To investigate, take a moment to look at the usage stat of your phone.

On an iPhone, it's called **Screentime**. If you have not used that feature yet, you may need to use your phone as normal for a week to gather enough data to track your usage.
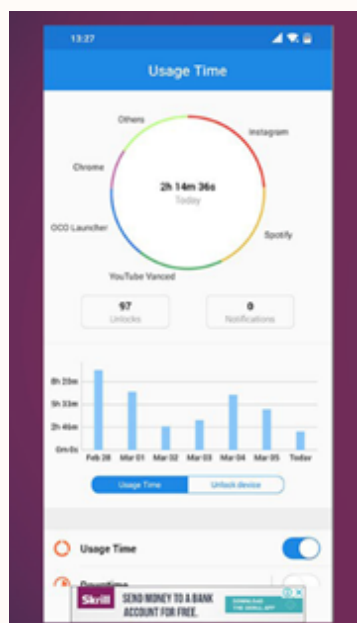

Here's how to check Screen Time:

1. Open up the Settings app.
2. Scroll down to the "**Screen Time**" section that's grouped with Notifications, Sounds, and Do Not Disturb.
3. Tap on "**Screen Time**" to see your usage statistics.

For more detailed instructions, please click here for an iPhone:

https://www.macrumors.com/how-to/how-to-use-screen-time-in-ios-12/

Here's how to check Screen Time through Power Usage:

1. Go to Settings > Battery
2. Tap the 3 -dot menu, and go to Battery use
3. Tap the 3-dot menu again, and choose Show full device usage.

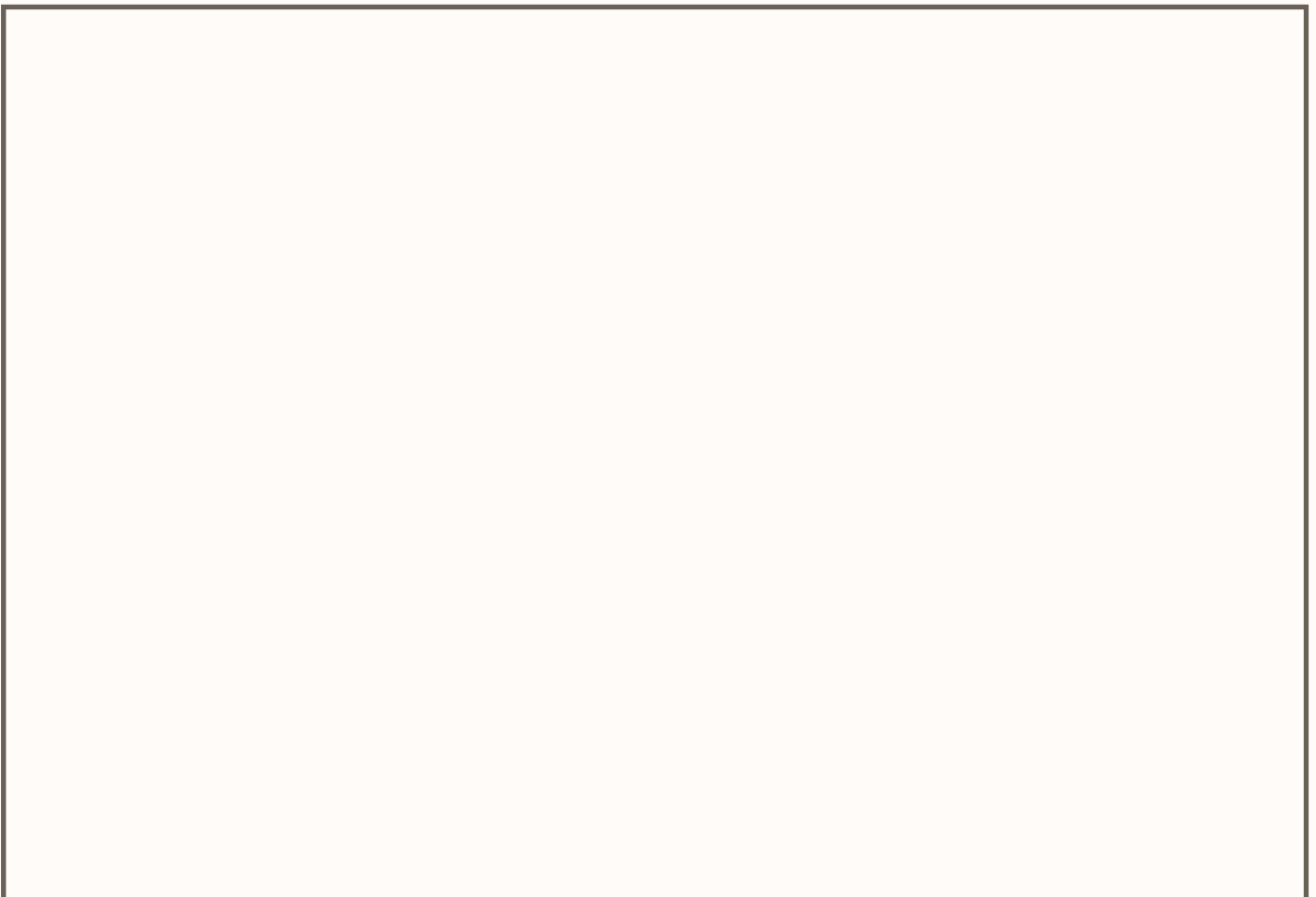For more detailed instructions, please click here for an Android device:

https://mobileinternist.com/screen-time-android-pie

HOW MANY DAYS A YEAR ARE YOU SPENDING ON YOUR PHONE?

- How many hours on average do you spend on your phone each day? ____ hours ____ minutes.

- Turn that into minutes so 2 hours and 15 minutes would be 135 minutes: _____ minutes

- Multiply the number above by 7 to get total minutes per week: _____ minutes.

- Next, multiple that number by 52 to the minutes per year spent on your phone: _____ minutes.

- Now divide it by 60 to see how that number translates to hours _____ hours.

- And divide that number by 24 so you can see how that translates in to days: _____ day.

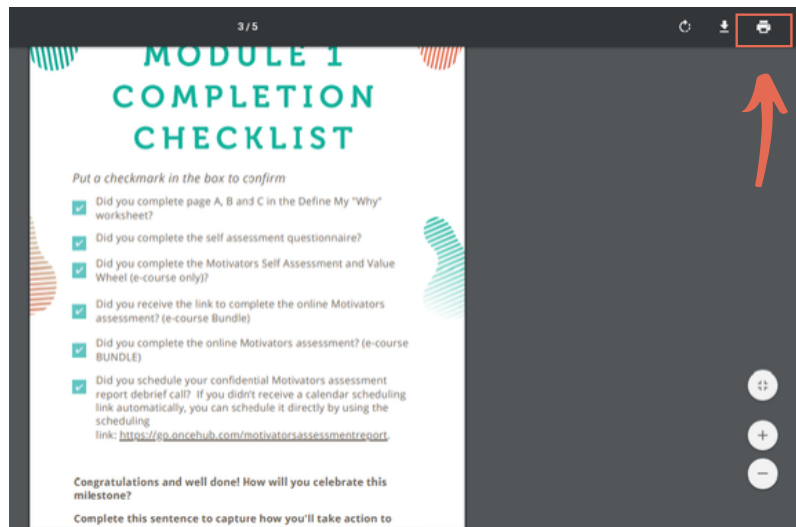Go on, own it. Write that final number in the box on your worksheet.

How do you feel about that number? We'll come back to look at ways to tweak or change it if you that you're spending too much time on your phone.

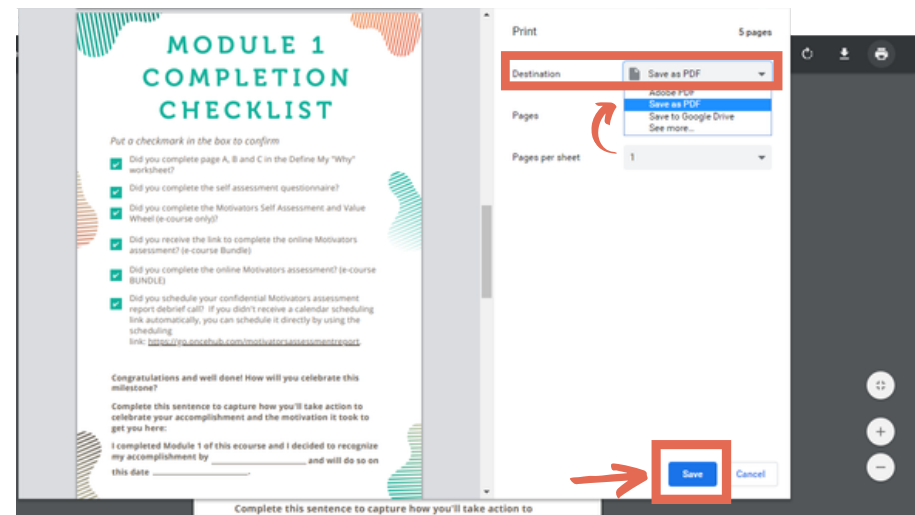### *HOW MANY DAYS A YEAR ARE YOU SPENDING ON YOUR PHONE?*

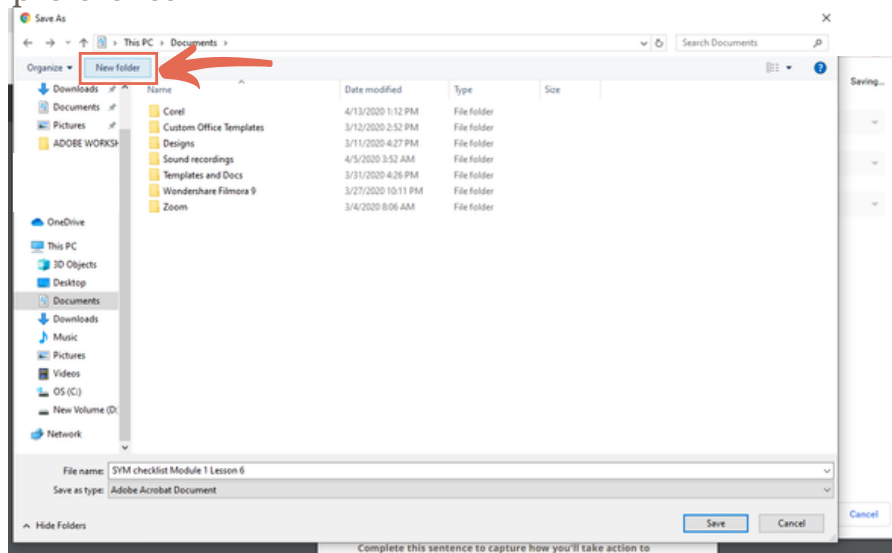# Guide on how to save your worksheet

Step 1: Click on the print icon 🖨️

Step 2: Choose the destination of your file, select "Save as PDF"

Step 3: Create "New Folder" and name it base on your preference

Step 4: Click "Save" button