

digital DETOX

September 9-13, 2024

Monday, September 9th

Total time: 2h 44m

pickups: 149

messages: 79

groger: 13

spotify: 13

photos: 3

app store: 2

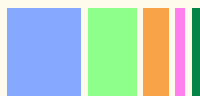
groger 46m

messages 36m

nespresso 17m

camera 5m

spotify 4m



Tuesday, September 10th

Total time: 2h 53m

pickups: 127

messages: 40

clock: 19

spotify: 16

instagram: 15

banking: 3

instagram 1h34m

messages 14m

pinterest 13m

nespresso 10m

safari 8m



Wednesday, September 11th

Total time: 2h 59m

pickups: 133

messages: 59

spotify: 30

photos: 3

safari: 2

app store: 1

instagram: 49m

messages 36m

safari 33m

petfinder 18m

pinterest 14m



Thursday, September 12th

Total time: 3h 58m

pickups: 89

spotify: 44

clock: 16

youtube: 15

messages: 5

outlook: 2

youtube: 2h10m

pinterest 47m

spotify 17m

instagram 16m

camera: 5m



Friday, September 13th

Total time: 2h 17m

pickups: 98

messages: 36

clock: 23

spotify: 21

calculator: 5

youtube: 2

messages: 45m

youtube 35m

pinterest 25m

spotify 6m

clock 4m



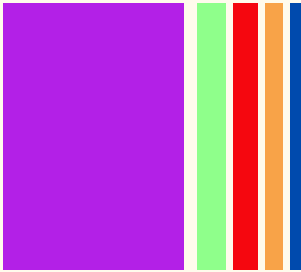
- groger
- messages
- nespresso
- camera
- spotify
- instagram
- pinterest
- safari
- petfinder
- youtube
- clock

$\mathcal{M}$



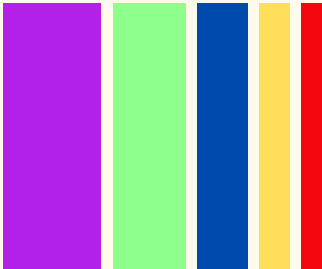
- thought about tiktok
- thought about tiktok and
- went to similar site
- thought about tiktok and
- played with my cat
- thought about tiktok and
- replied to texts

$\mathcal{T}$

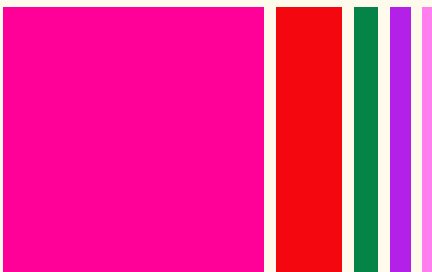


- kroger
- messages
- nespresso
- camera
- spotify
- instagram
- pinterest
- safari
- petfinder
- youtube
- clock

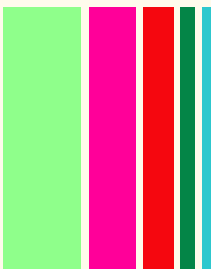
$\mathcal{W}$



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$\mathcal{F}$



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