30-Day Screen Time Reset

Set a daily target, write down your real number, and watch the gap close.

Day	Target	Actual	Over / under	Most-used app	What I did instead
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
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23					
24					
25					
26					
27					
28					
29					
30					

How to use it

- Find your number in Settings › Screen Time (iPhone) or Digital Wellbeing (Android).
- Start with a target 30 minutes below your current average, not a heroic cut.
- Every 30 minutes a day you win back is about 182 hours a year.

Time Debt, free on the App Store. Scan the code to get it.

Time Debt turns screen time into a budget: borrow extra minutes today and tomorrow's limit pays it back.