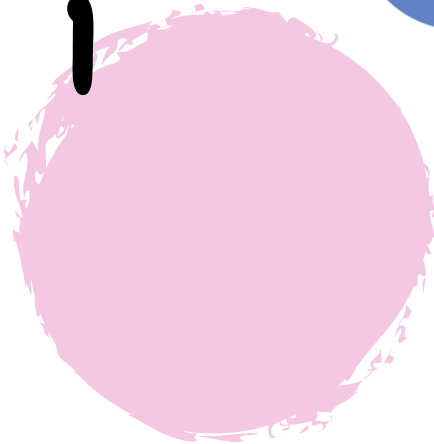


# MY DIGITAL BALANCE CHECK IN

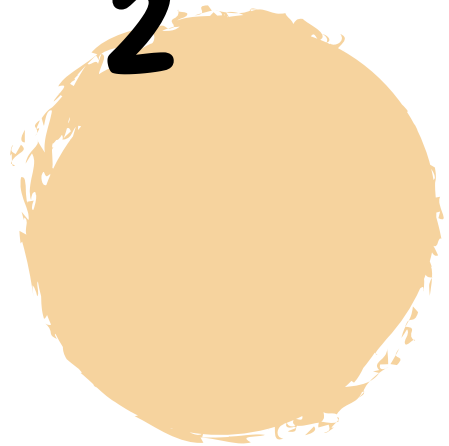
Use your phone's digital wellbeing section to record your screen time over the past week

MY TOP  
5 APPS

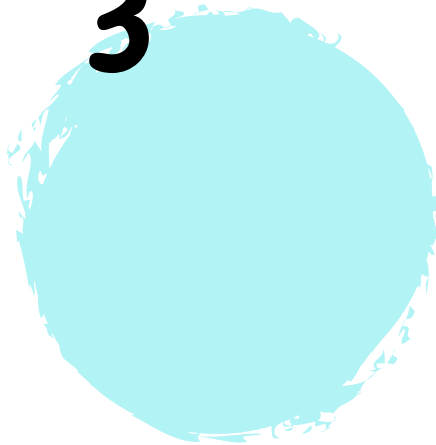
1



2



3



4



5

