

2015





Moment - Screen Time Tracker 4+

Kevin Holesh >

Offers Apple Watch App for iPhone

[Details](#) [Ratings and Reviews](#) [Related](#)

Screenshots

[iPhone](#) [iPad](#) [Apple Watch](#)

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Offers In-App Purchases

This app is designed for both
iPhone and iPad

★★★★★ (13)

Rating: 4+

TOP IN-APP PURCHASES

- 1. Pro Features € 4,49
- 2. 3 Months of Moment Family € 16,99
- 3. 12 Months of Moment Family € 49,99
- 4. Optional Coach Support € 10,99

LINKS

[Privacy Policy](#)
[Developer Website](#)

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How Much Are You On Your Phone?

Moment tracks that for you

The actual average from 3M+ users

↓

3H 42M

on your phone today

Today	3H 42M >
Monday April 10	2H 12M >
Sunday April 9	1H 39M >
Saturday April 8	23M >
Friday April 7	2H 48M >
Thursday April 6	1H 41M >
Wednesday April 5	1H 38M >

Get Back To Your Life

Learn how to use your phone less

Phone Bootcamp

4H 9M saved in 4 days...

57M less than your daily average yesterday. Go you! 🥳

- ✓ Put Down Your Phone for 30 Minutes Today
- ✓ Stop Sleeping With Your Phone Day 2
- ✓ Your Morning Routine Day 3
- ✓ Simplify Your Homescreen Day 4
- Turn Off Some Notifications Day 5
- Go Old School Day 6

Your Apps

See how you're spending your time

Me April 10

2H 12M screen time 55 pickups

Messages	49M
Snapchat	32M
Twitter	29M
Instagram	14M
Mail	8M

Show More...

Picked up

6:08 AM 7 minutes

Your Family

Work on your screen time together

Me My Family

FAMILY DINNER TIME

Off Add 5 min Add 30 min ⌚

Set up screen-free time for your family.

MY FAMILY

- My iPad 3H 42M >
- Jack's iPhone 40M >
- Olivia's iPad 28M >
- Olivia's iPhone 1H 7M >
- Kevin's iPhone 1H 37M >

Untitled x Joost

localhost:8888/notebooks/data/2017-06-16-phone-data-qs/Untitled.ipynb

Jupyter Untitled Last Checkpoint: 14 hours ago (unsaved changes) Logout

File Edit View Insert Cell Kernel Widgets Help Trusted Python 3

```
In [98]: # Additional installs
pip install calmap

Requirement already satisfied (use --upgrade to upgrade): calmap in /opt/conda/lib/python3.5/site-packages
Requirement already satisfied (use --upgrade to upgrade): numpy in /opt/conda/lib/python3.5/site-packages (from calmap)
Requirement already satisfied (use --upgrade to upgrade): matplotlib in /opt/conda/lib/python3.5/site-packages (from calmap)
Requirement already satisfied (use --upgrade to upgrade): pandas in /opt/conda/lib/python3.5/site-packages (from calmap)
Requirement already satisfied (use --upgrade to upgrade): python-dateutil in /opt/conda/lib/python3.5/site-packages (from matplotlib->calmap)
Requirement already satisfied (use --upgrade to upgrade): pytz in /opt/conda/lib/python3.5/site-packages (from matplotlib->calmap)
Requirement already satisfied (use --upgrade to upgrade): cyclor in /opt/conda/lib/python3.5/site-packages/cyclor-0.1.0.0-py3.5.egg (from matplotlib->calmap)
Requirement already satisfied (use --upgrade to upgrade): pyparsing!=2.0.4,!=2.1.2,>=1.5.6 in /opt/conda/lib/python3.5/site-packages (from matplotlib->calmap)
Requirement already satisfied (use --upgrade to upgrade): six>=1.5 in /opt/conda/lib/python3.5/site-packages (from python-dateutil->matplotlib->calmap)
You are using pip version 8.1.2, however version 9.0.1 is available.
You should consider upgrading via the 'pip install --upgrade pip' command.

In [97]: # Setup
import pandas as pd
import datetime
import numpy
import matplotlib.pyplot as plt
import json
import calmap
# Plotting styles
%matplotlib inline
plt.style.use('fivethirtyeight')
from pylab import rcParams
rcParams['figure.figsize'] = 15, 10

Requirement already satisfied (use --upgrade to upgrade): calmap in /opt/conda/lib/python3.5/site-packages
Requirement already satisfied (use --upgrade to upgrade): matplotlib in /opt/conda/lib/python3.5/site-packages (from calmap)
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Requirement already satisfied (use --upgrade to upgrade): pytz in /opt/conda/lib/python3.5/site-packages (from matplotlib->calmap)
Requirement already satisfied (use --upgrade to upgrade): cyclor in /opt/conda/lib/python3.5/site-packages/cyclor-0.1.0.0-py3.5.egg (from matplotlib->calmap)
```

localhost:8888/notebooks/data/2017-06-16-phone-data-qs/Untitled.ipynb

Quantity

26640

pickups

46

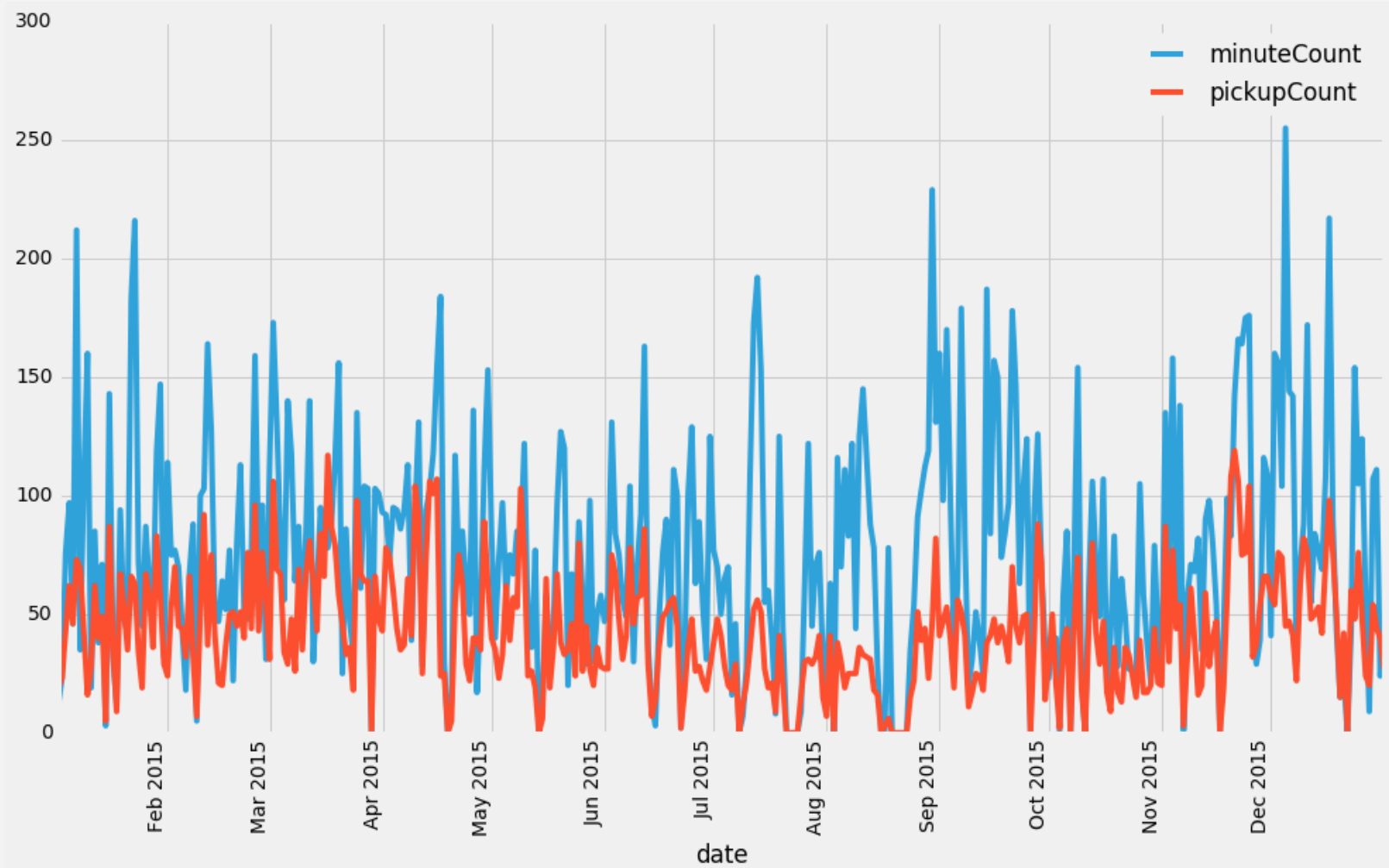
pickups per day

42308

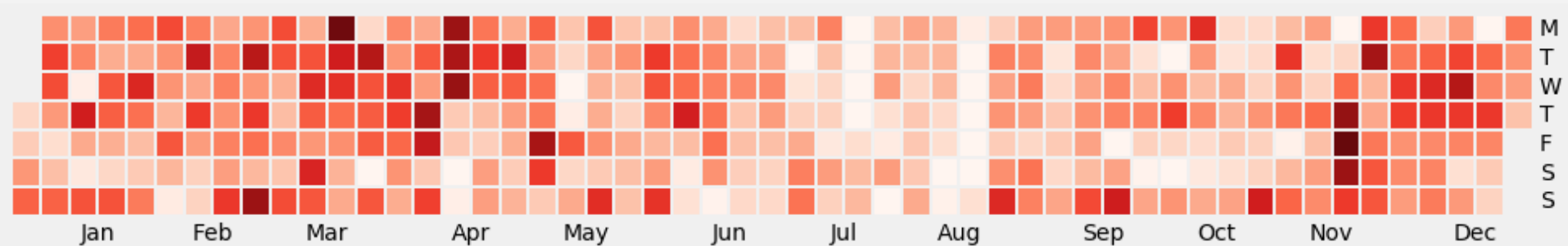
minutes

74

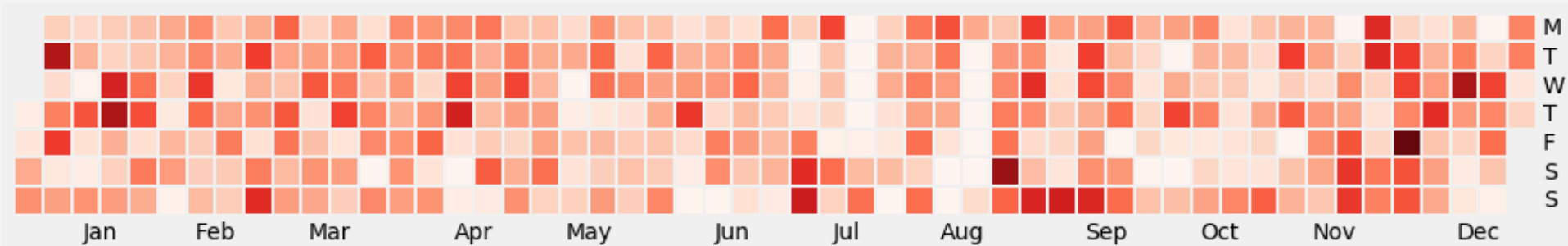
minutes per day



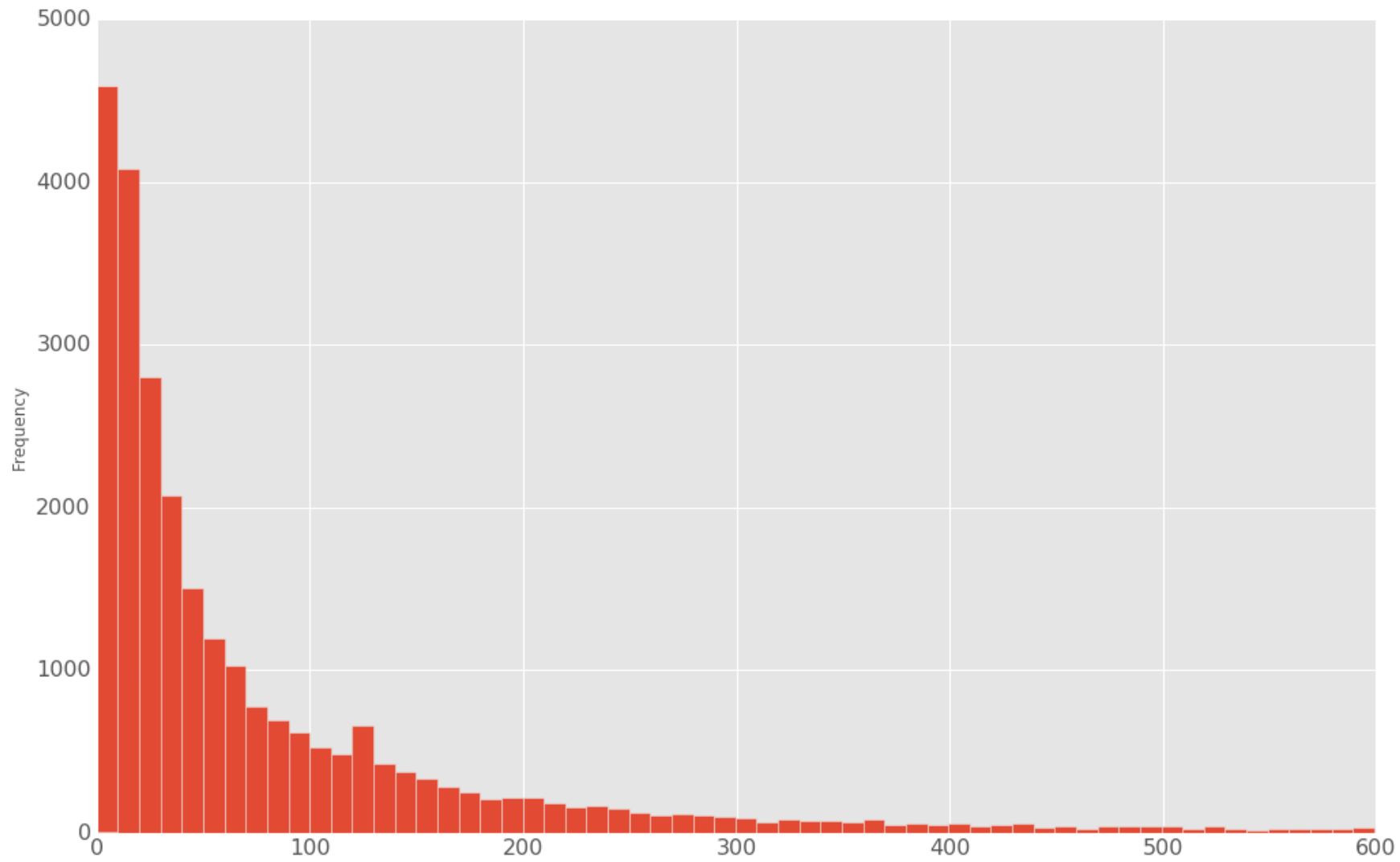
Pickups per day

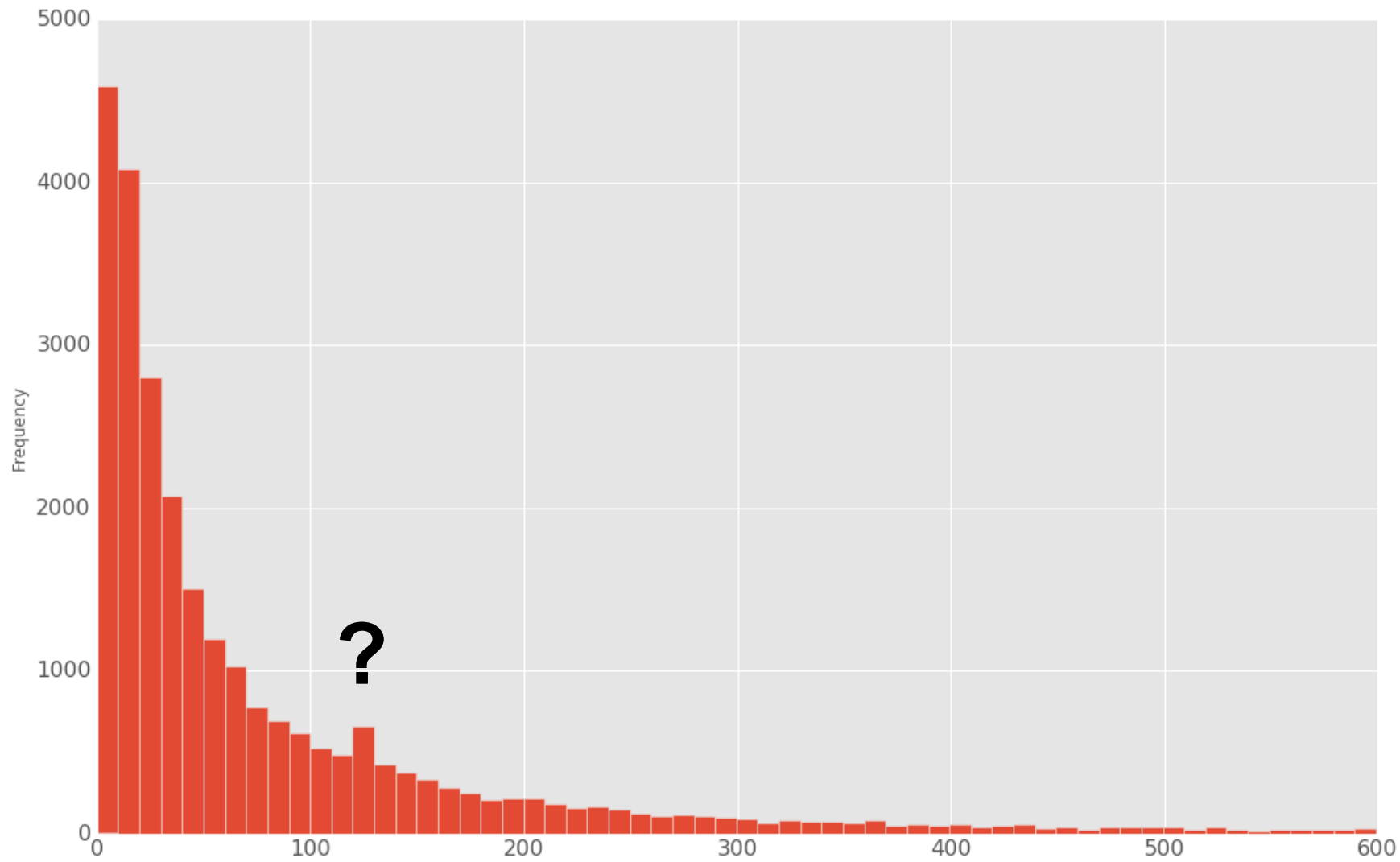


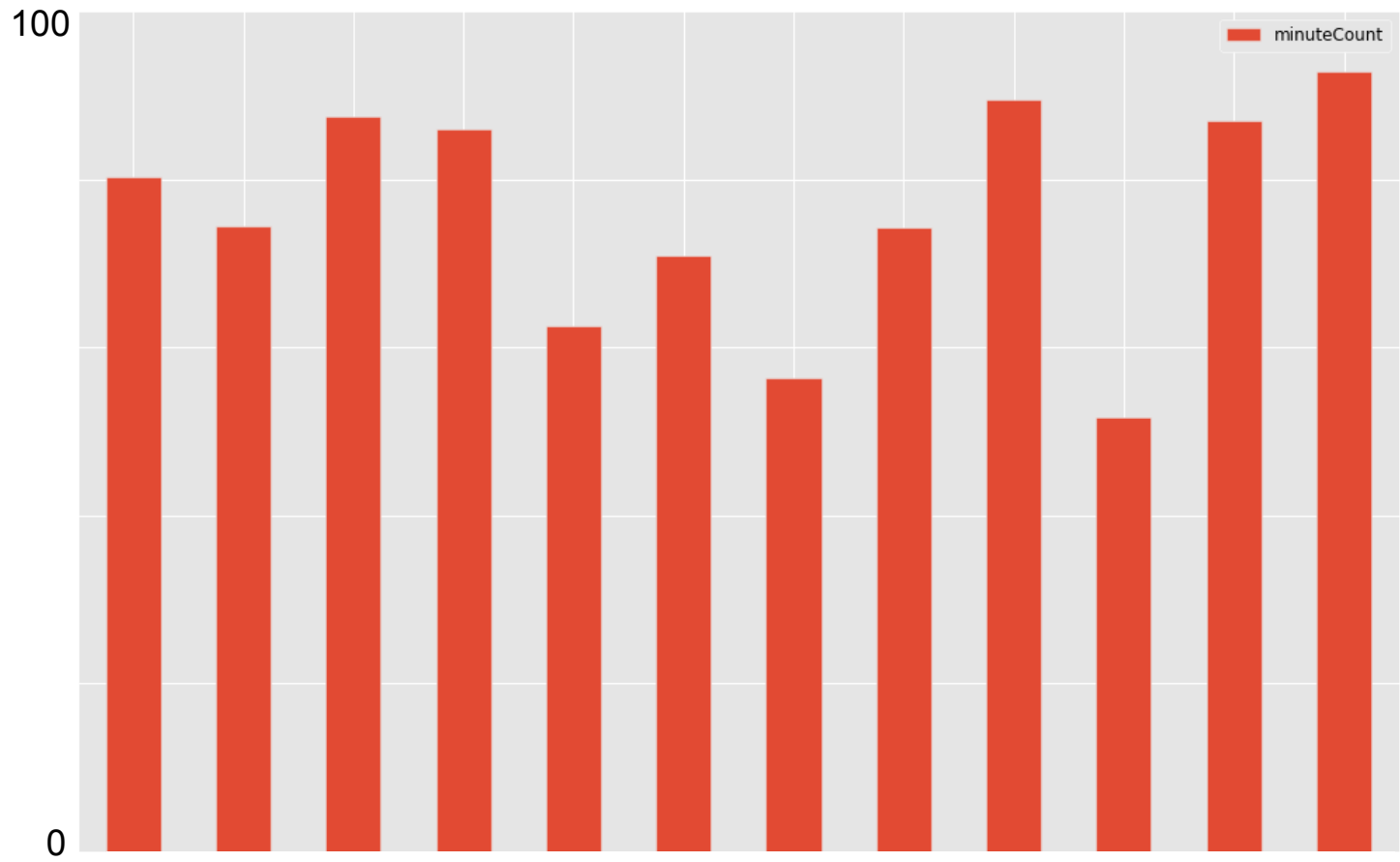
Minutes per day

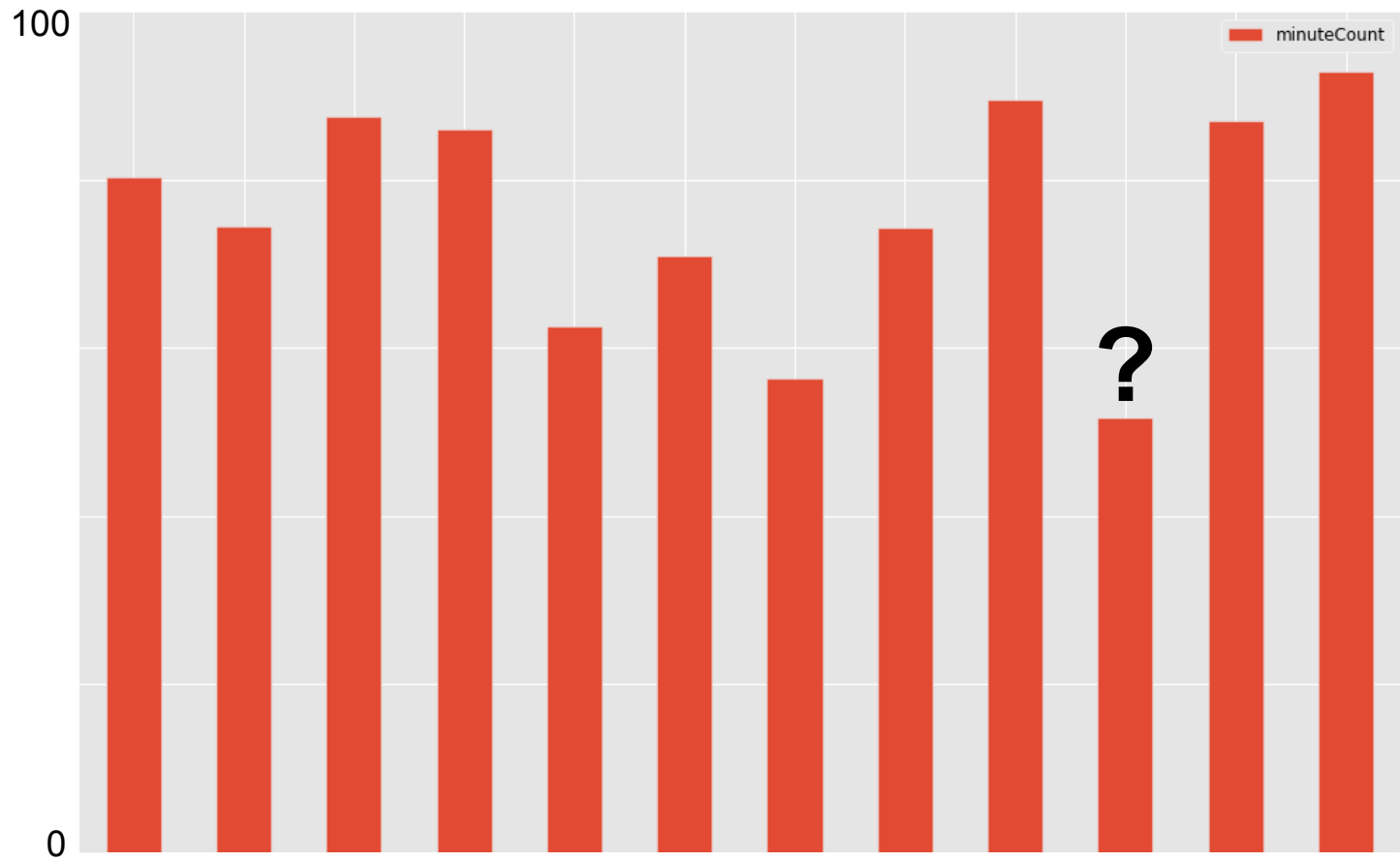


Temporality

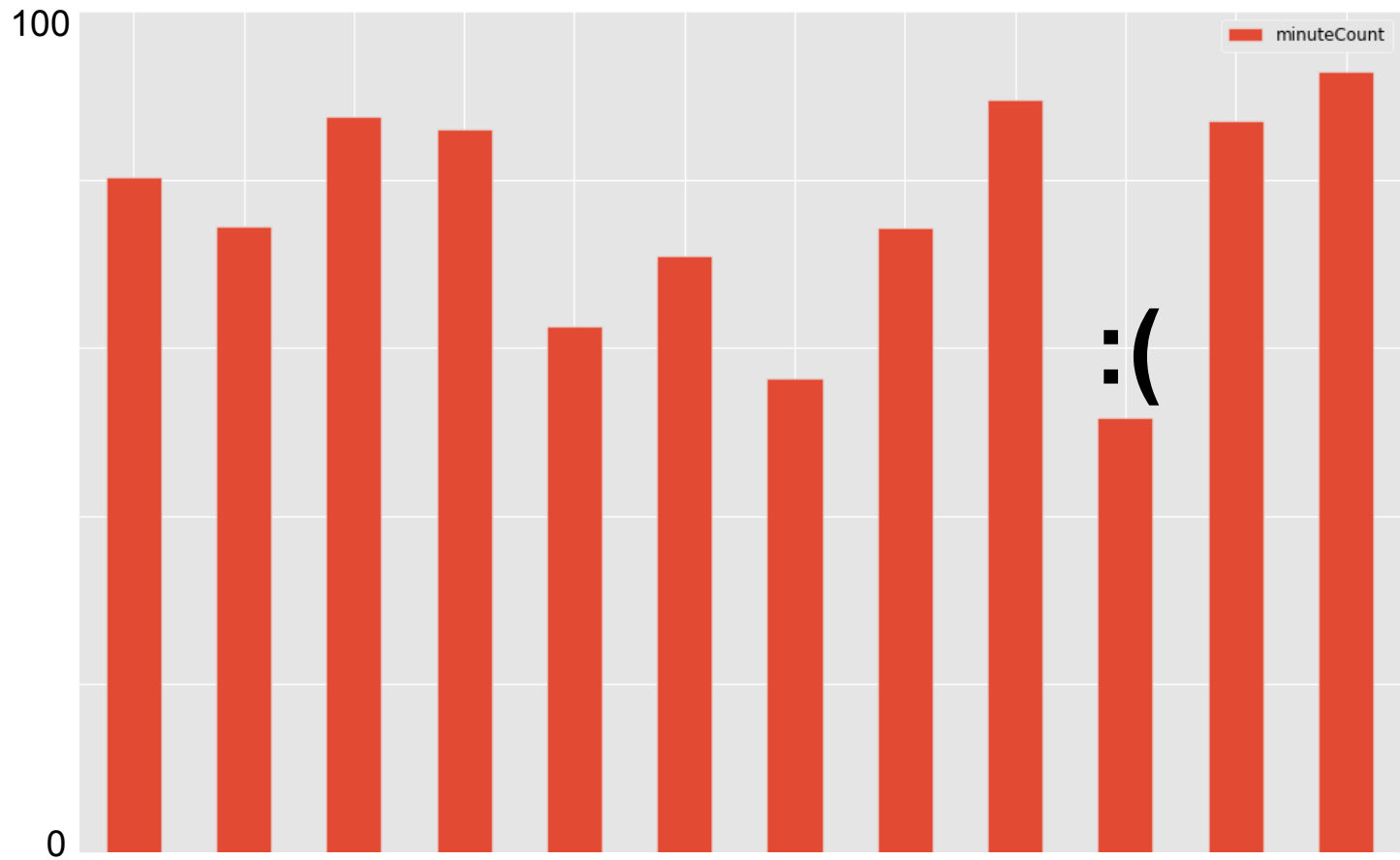


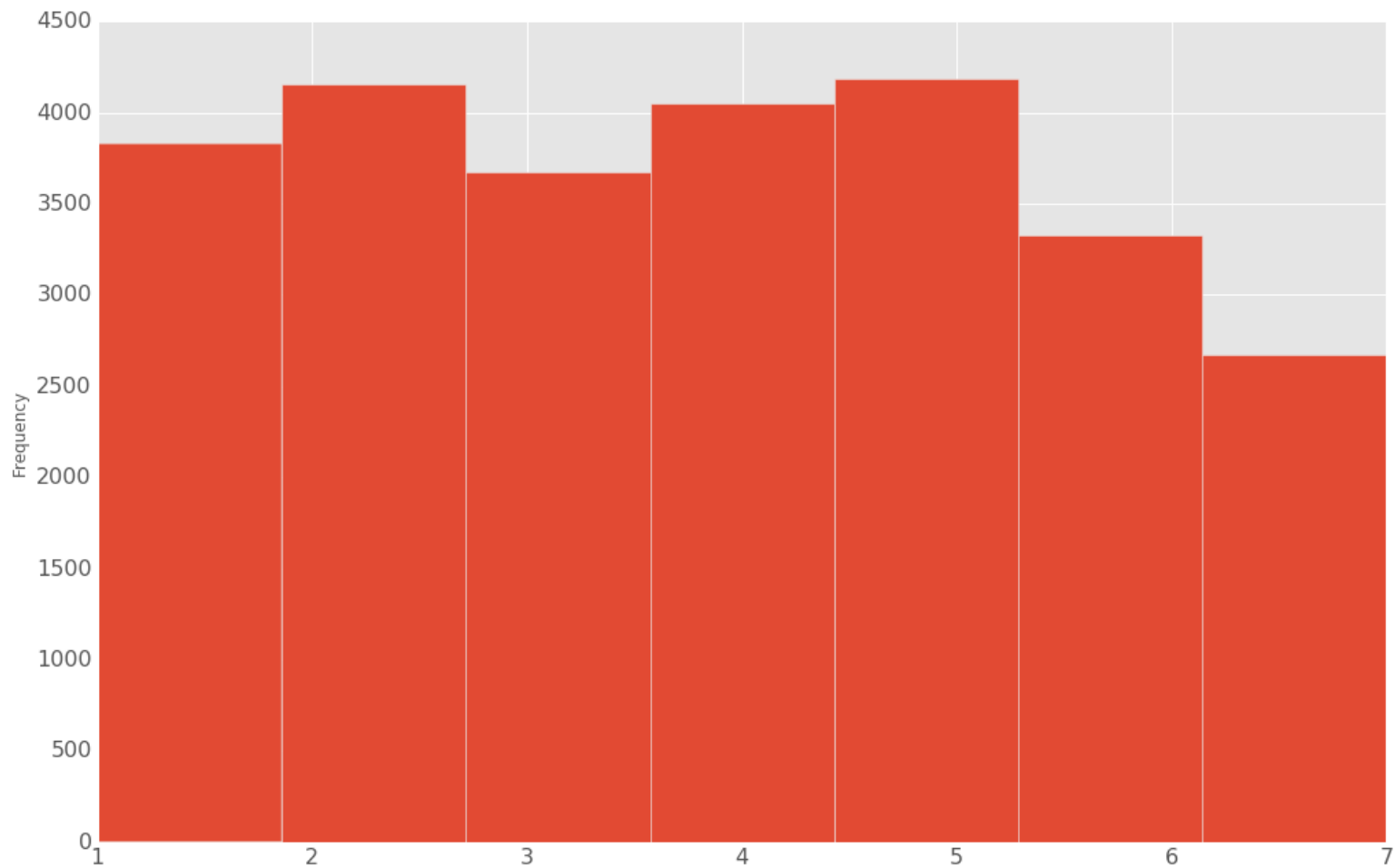


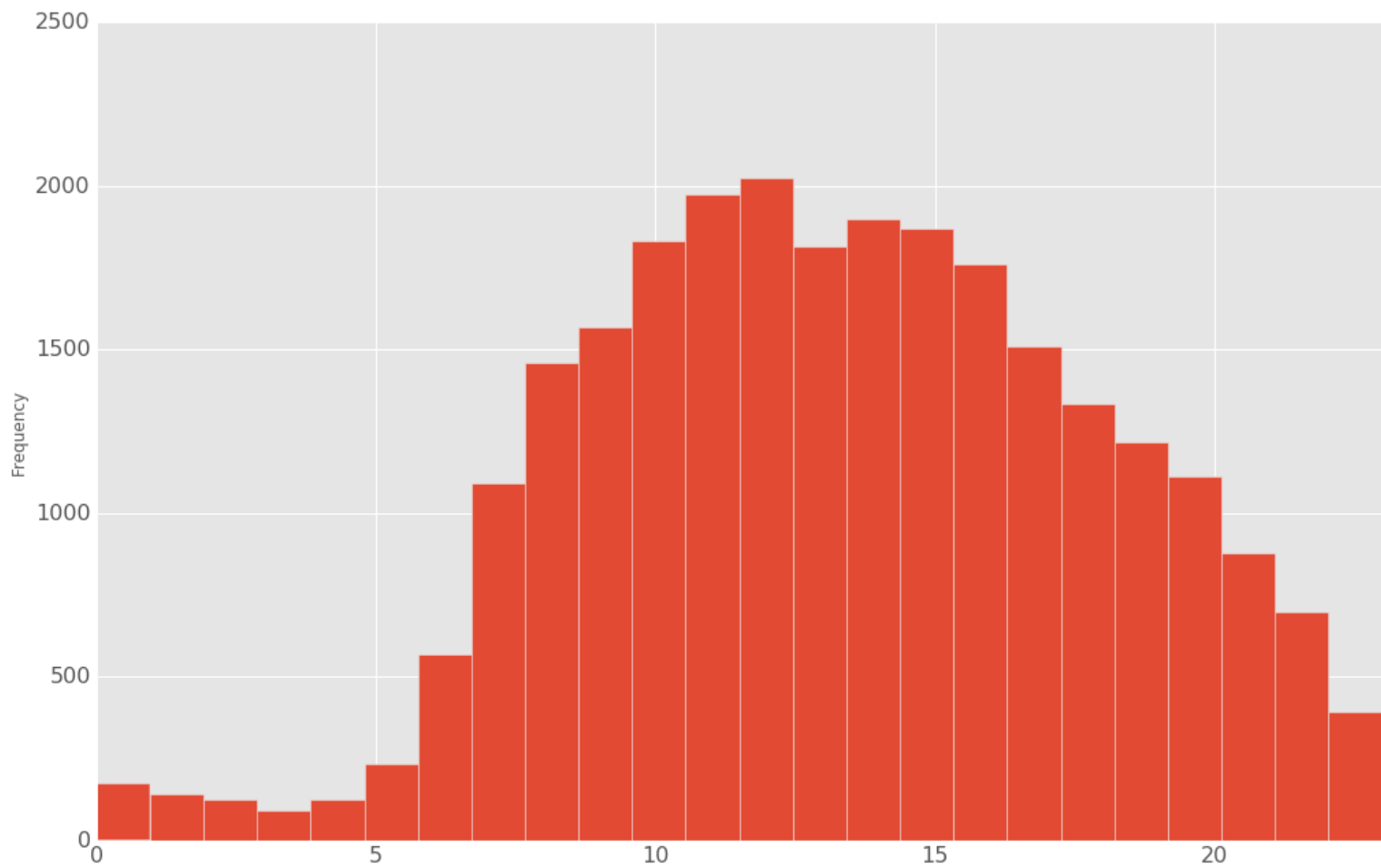


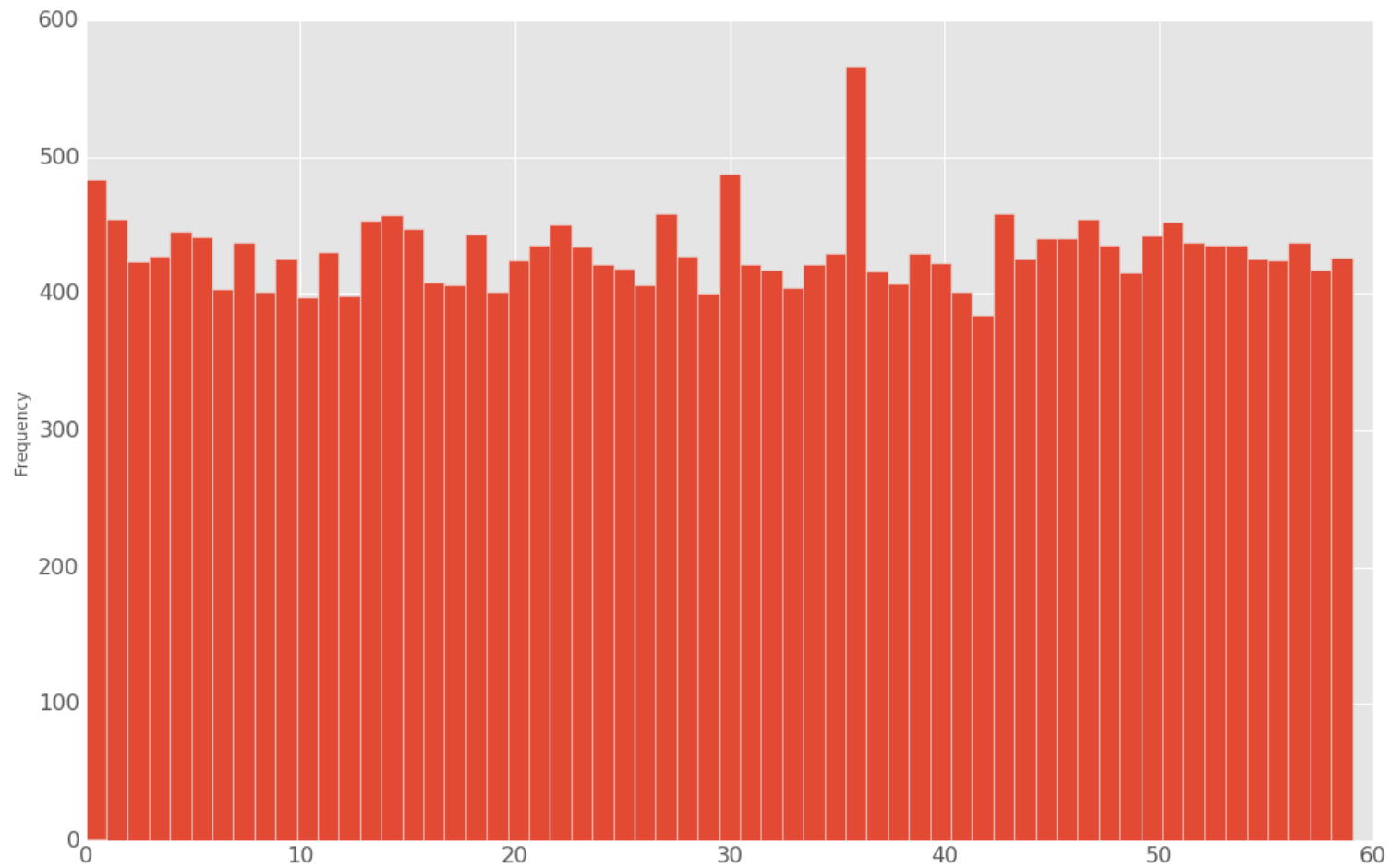


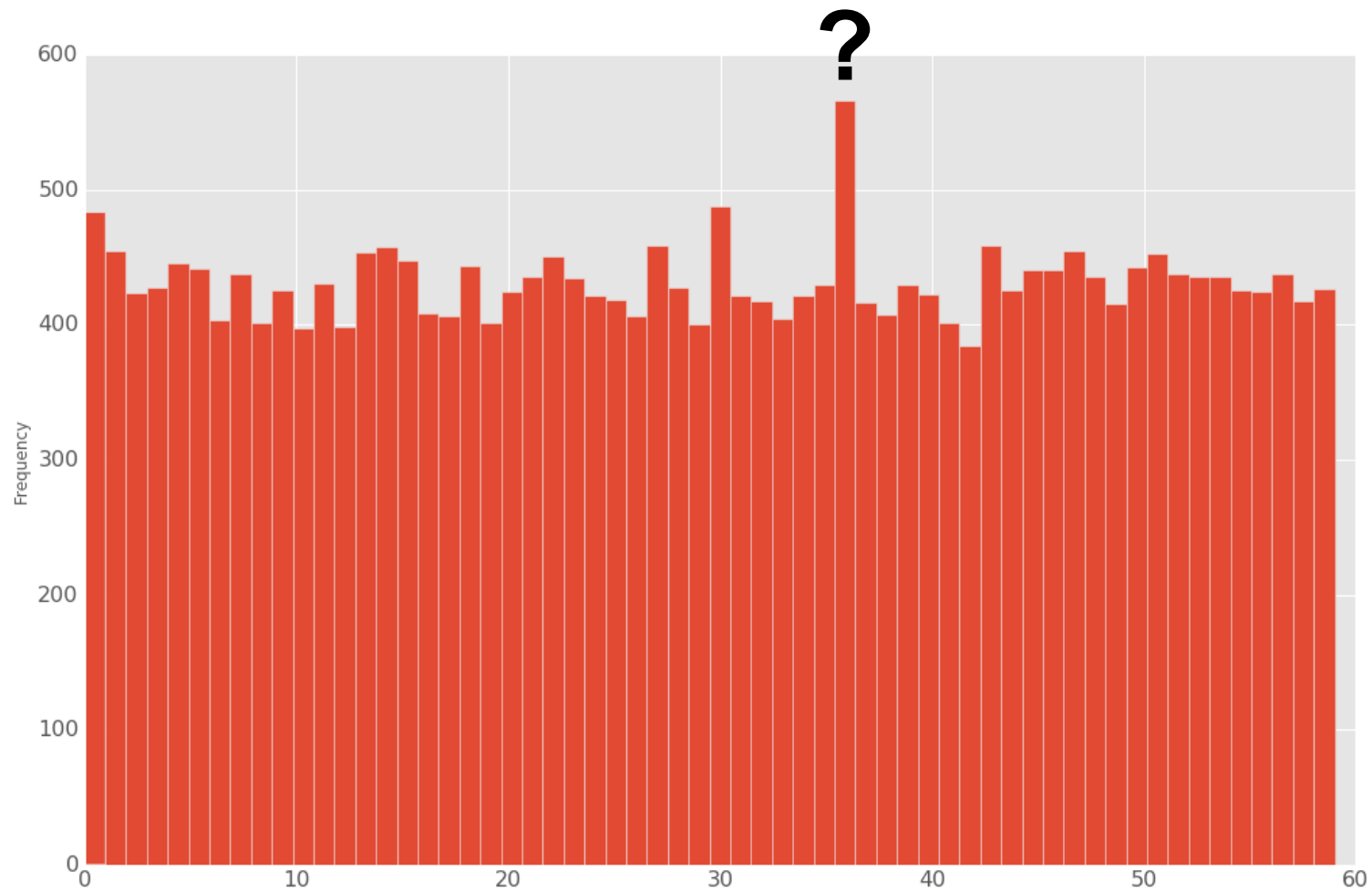




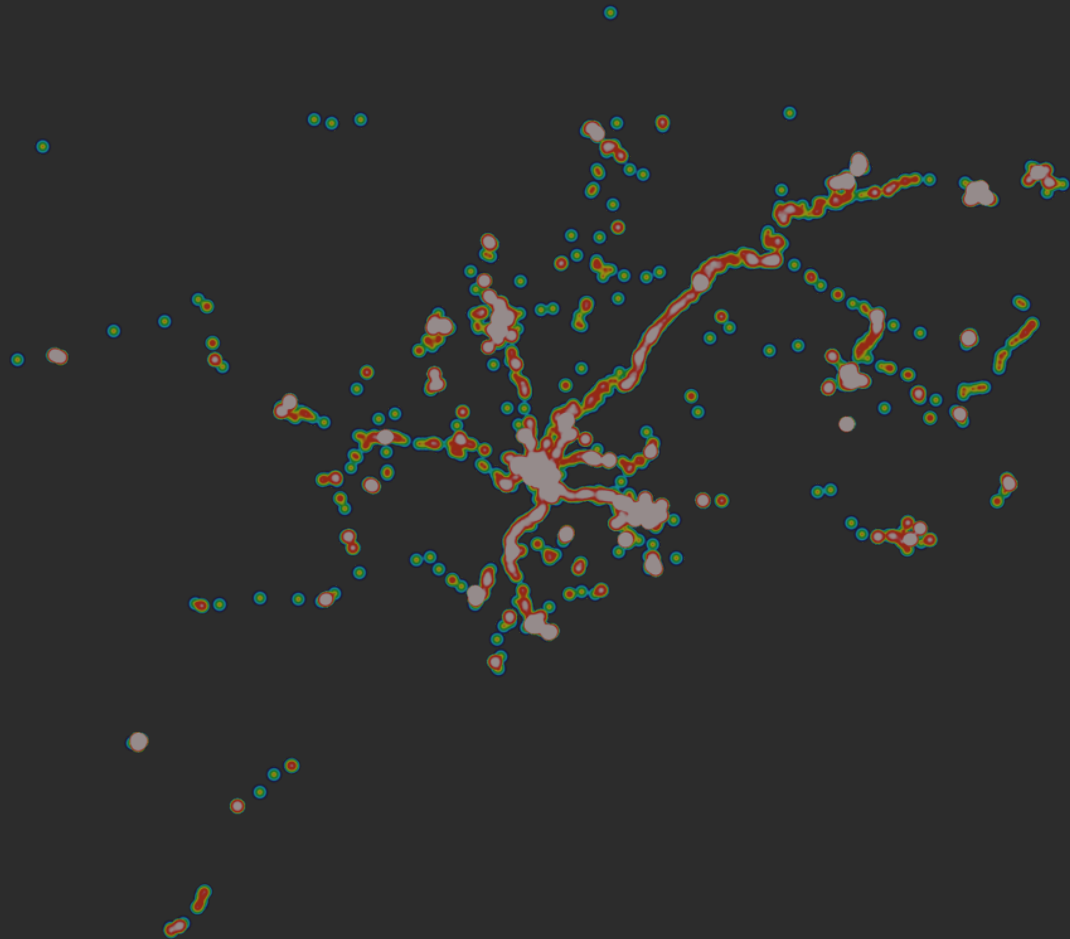








Spatiality



Derivability?

Mood / Productivity / Sleep

Thanks!

@jplattel

github.com/jplattel/notebooks