

Scroll Now. Pay Later.

How daily phone use adds up over time

Daily Phone Use	1 Year	5 Years	10 Years
30 minutes/day	~7.6 days	~38 days	~76 days
1 hour/day	~15 days	~76 days	~152 days
2 hours/day	~30 days (1 month)	~152 days (~5 months)	~304 days (~10 months)
3 hours/day	~46 days	~228 days (~7.5 months)	~456 days (~1.25 years)
4 hours/day	~61 days (2 months)	~304 days (~10 months)	~608 days (~1.7 years)
5 hours/day	~76 days (2.5 months)	~380 days (~1 year)	~760 days (~2.1 years)
6 hours/day	~91 days (3 months)	~456 days (~1.25 years)	~912 days (~2.5 years)

Based on 365 days a year. Includes scrolling, gaming, streaming, and checking.



Think About It...



**Years spent
staring at a
screen...**

How else could
this time be
used?



**Moments you
might be
missing...**

What memories
aren't being
made?



**Where is it
leading you?**

Is this how you
want to spend
your life?

Is Your Phone Taking More Than It's Giving?

