



1. Blocks 4 apps & URLs (big social media)
2. Increases awareness of social media urges
3. Blocks additional websites



**Unlimited
block time**

**Unlimited
number of block
sessions**

**Customizable
block settings**

1. Blocks 5 apps at a time (any downloaded app)
2. Makes phone usage clear-cut and productive
3. Creates tailored profiles to block for any occasion

