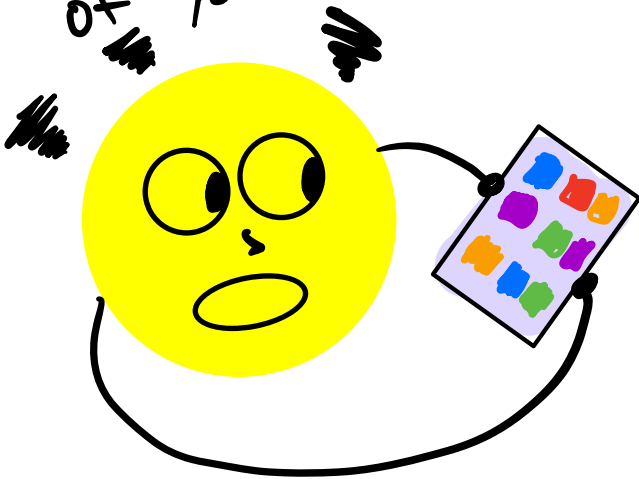


Notice

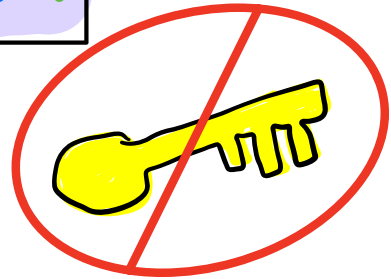
- Become conscious of your habit



leave your phone behind

Control

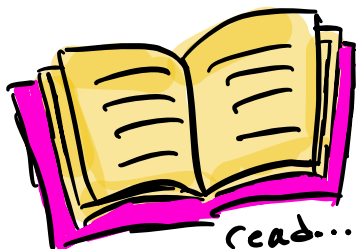
- Take Control of the Context Cues that activate phone use
- add friction



Looking at your phone

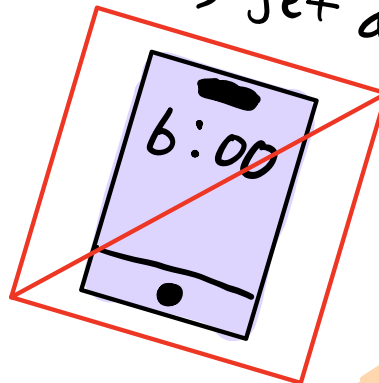
Stack

- Stack healthy habit on top of phone use



Other Actions Easier

ex) get a watch



Reward not checking