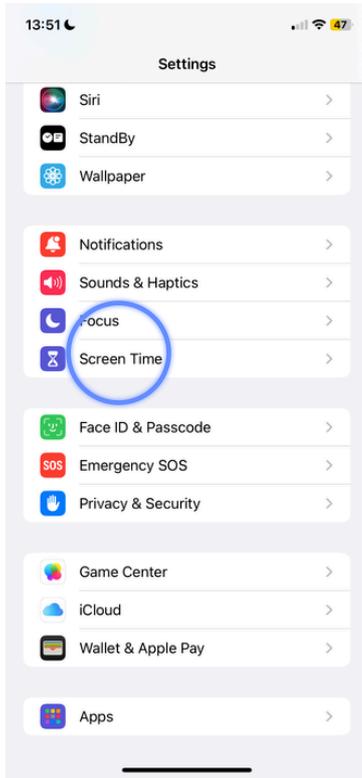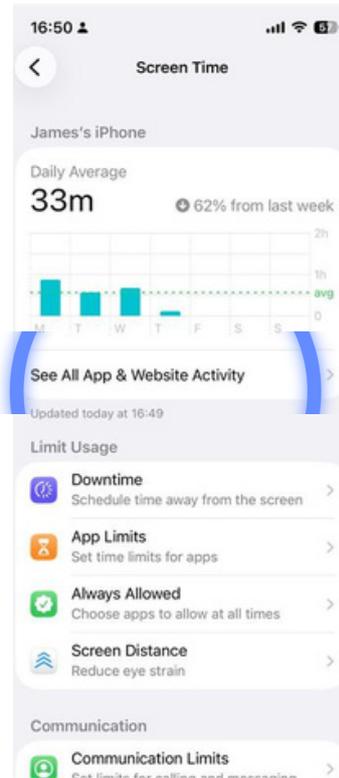# How to View Screen Time Data- iPhone

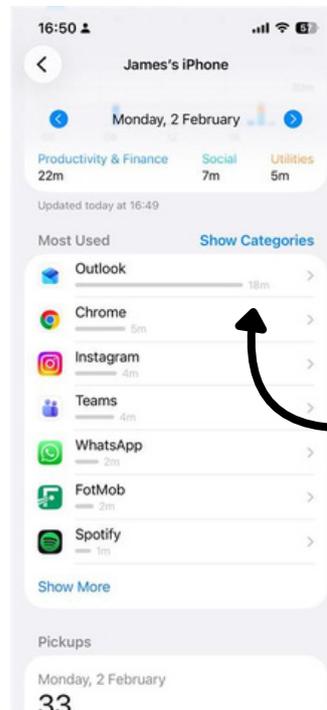Open the 'Settings' app and select 'Screen Time' .

Click 'See All App & Website Activity'

Scroll to the coloured line for the day AFTER you downloaded the EARS app. Click on this line
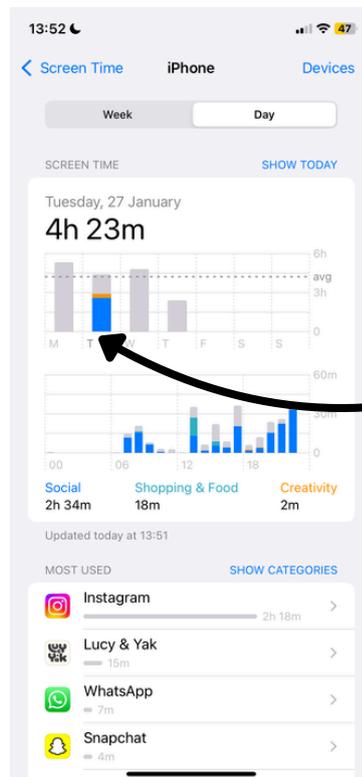
This is 'Day 1'.

Scroll up to see all the apps and time usage on each app for that day.

Write the app names and times used by your child on your device log

How to View Screen Time Data- iPhone

Select the next coloured line (Day 2), and repeat the same procedures as above and write this information on Day 2 of your device log.

Repeat the same procedures above for days 3 to 7

If this is a personal device (ie not shared with another family member) you can view your screen time data at the end of the week to complete the Personal Device Log (Table 1).

Information only for devices that are shared

If this is a shared device, you can use the screen time data to help remind you which apps your child used. However, we also ask that you record the start and end times each time your child uses an app in the Shared Device Log (Table 2).
It is much easier to note this at the time your child uses the device rather than trying to remember it later.
This information is very important, as it helps us understand when your child, who is taking part in the study, was using the shared device.