When to end a timed app pass

Set a clear endpoint, calculate unused pass minutes and make a narrow exception during a phone-free hour.

01 Give a timed app pass a finish line

You need one address from a group chat before going back to work. Which plan tells you when to close the app?

- ▢ Close the app once the chat feels quiet
- ▢ Copy the address, then end the pass

02 Count the minutes returned from an early pass

You open a 10-minute pass, find what you need and stop after 3 minutes. How many unused minutes did you return?

Answer in minutes

03 Give a phone-free hour one exception

You want a quiet work hour but need your map at lunchtime. Write down the one app you need, the purpose and the point where you close it.

Write your exception

Worked answers
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