

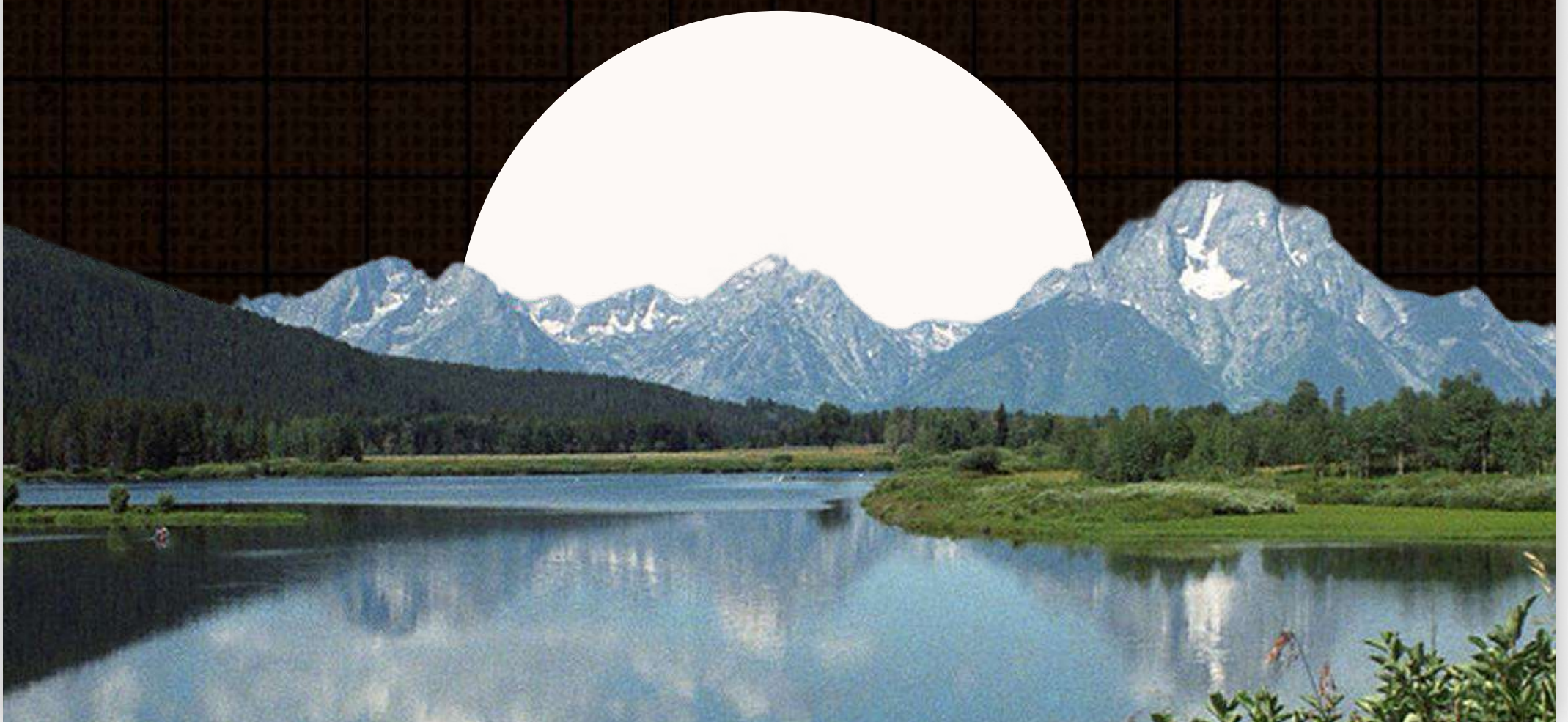
enough.

A SEVEN-DAY PHONE RESET

One hour back

A seven-day plan to spending less time on your phone.
One small move a day. One step at a time.

GUIDE · [GETENOUGH.APP](#)



START HERE

Today your start to take control back



We’re **Andrew** and **Daniel**, makers of enough, and we’re recovering phone addicts. We’ve redefined how our phones work in our lives, and we’ve brought a combined 30 years of tech experience to help people who want to do the same. We are so excited to help you on your journey to less screen time, more presence, and ultimately a better life.

Before this program: Your phone controls you in ways you never agreed to. The reflexive reach for comfort, the reach any time you’re bored for even a second, the scroll in bed, seeing other people’s mornings before you’ve had your own.

By the end of the week: your mind will be calmer, and you’re the one deciding where the hours go. Most people who finish the week get at least an hour per day back.

THE WEEK AT A GLANCE

- | | | |
|---|-------------------------------|----------------------------|
| 1 | How much time are you losing? | know where the hours go |
| 2 | Start with 15 minutes | start small |
| 3 | Protect your morning | start fresh |
| 4 | Protect a location | apps blocked at a location |
| 5 | Set up portion control | just the right amount |
| 6 | End your day well | get a good sleep |
| 7 | Help someone else | be present together |

Download
enough.



1

DAY ONE OF SEVEN

How much time are you losing?

You can't get an hour back until you know where the hours go.

Today is about measurement, not judgment.

In enough.

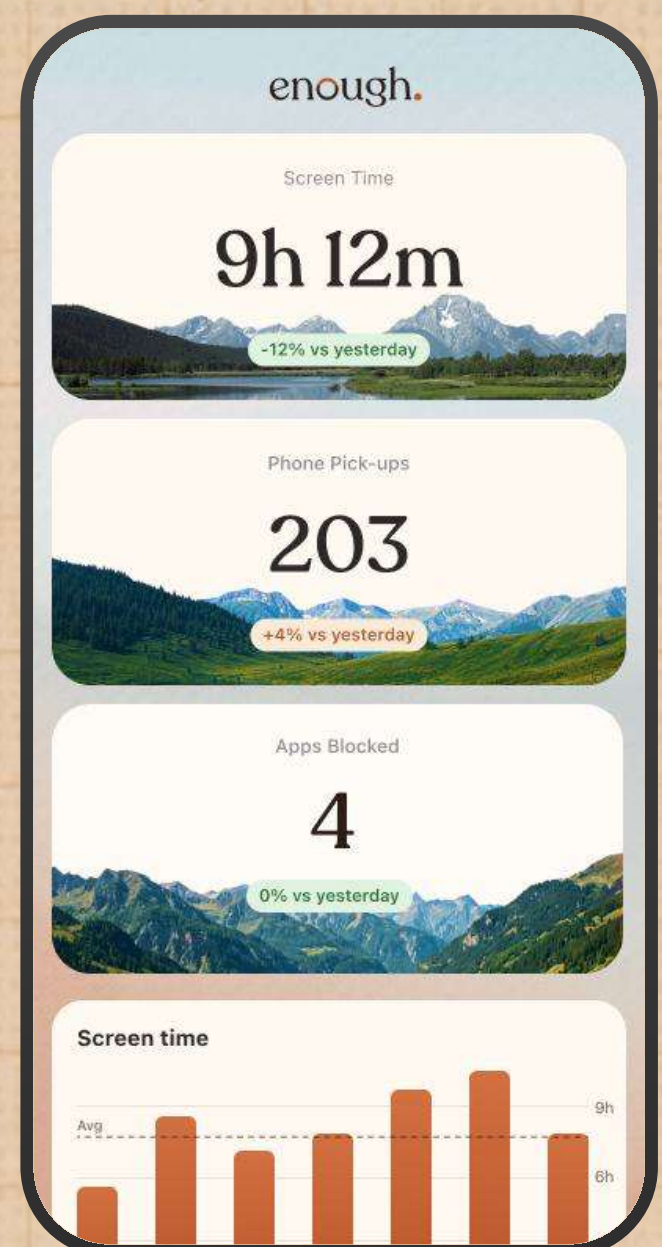
2 minutes

- 1 Download **enough.** if you haven't yet. It's free.
- 2 Open the **Insights** tab. 
- 3 Note two numbers: your time online yesterday and your pickups.
- 4 Screenshot it. You'll want the before picture at the end of the week.

The screen time total might not be the surprise. For most people, **the pickups are.**

Most people check their phone somewhere near a hundred times a day, and almost none of those checks were decisions. They were reflexes: waiting for the kettle, walking between rooms, a half-second of boredom.

The habit isn't hours of scrolling. It's the reflex to check.



FYI:

If it's your first time using an app like this, your charts might start empty. It'll fill up over the week

1

DAY ONE · FIND YOUR BASELINE

Beyond the app

Beyond the app

Write your three numbers somewhere physical you'll see all week: a sticky note on the fridge, the first page of your notebook. The screenshot is for the end of the week. The sticky note is for Tuesday, when the reflex argues it isn't that bad.

This week isn't about getting to zero. Plenty of your phone earns its place: your job, your family, your maps, your music. You're only cutting the part that happens on autopilot.

Screen Time: 9 hours per day
Pick Ups: 231 per day

TODAY'S MOVES



Baseline noted + screenshot taken



Numbers written somewhere physical

2

DAY TWO OF SEVEN

Start with 15 minutes

Every habit runs on a cue. For phone habits, the biggest cue is what you see the moment the screen lights up. A good way to start building space from your phone is by starting with short periods of breaks.

In enough.

QUICK BLOCK

- 1 Try your first **Quick Block**. Pick a few distracting apps and pick a length of time.
- 2 Run it during dinner or a period of work during the day.

It's the fastest way to feel what a dumb phone is like: you'll pick it up out of habit, and find all the distracting apps are blocked. There's nothing to capture you so it's easier to put it down.

The moment your reflexive phone pickup goes nowhere is the habit starting to die.

FYI: Apps in Quick Blocks can't be unblocked using the unblock bar. This is by design to help you focus.



2

DAY TWO · BEYOND THE APP

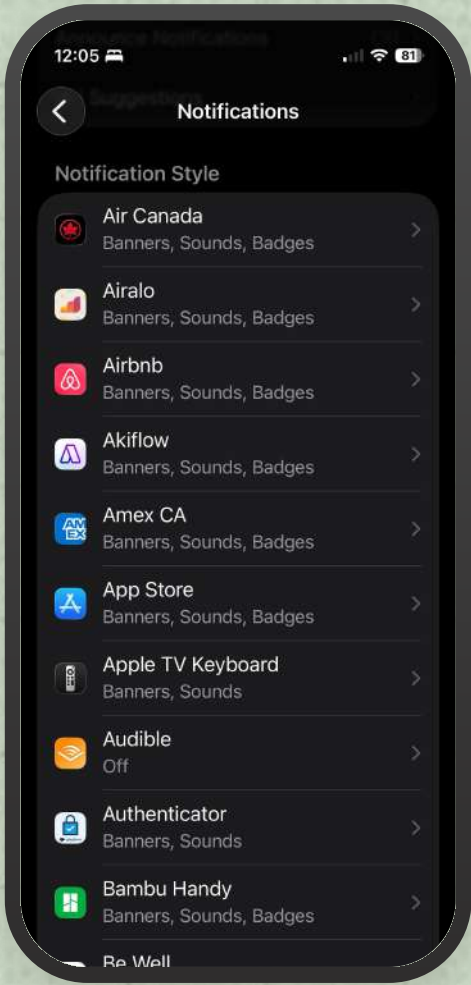
Beyond the app

Beyond the app · clear the cues

- 1 Move every app off your home screen's first page except the core tools you need: **phone, messages, maps, camera, calendar**. Everything else lives in the App Library, where opening it requires typing its name. Don't delete anything. You're just making the phone checking reflex work harder.
- 2 Go to **Settings** → **Notifications** and turn off everything that isn't a human trying to reach you. The test: a person texting you is a notification. An app announcing a sale is an ad wearing a notification costume.



Add a few
seconds of
friction and the
phone checking
reflex loses its
reward.



Today's moves



Quick Block run once



Home screen cleared



Notifications culled

3

DAY THREE OF SEVEN

Protect your mornings

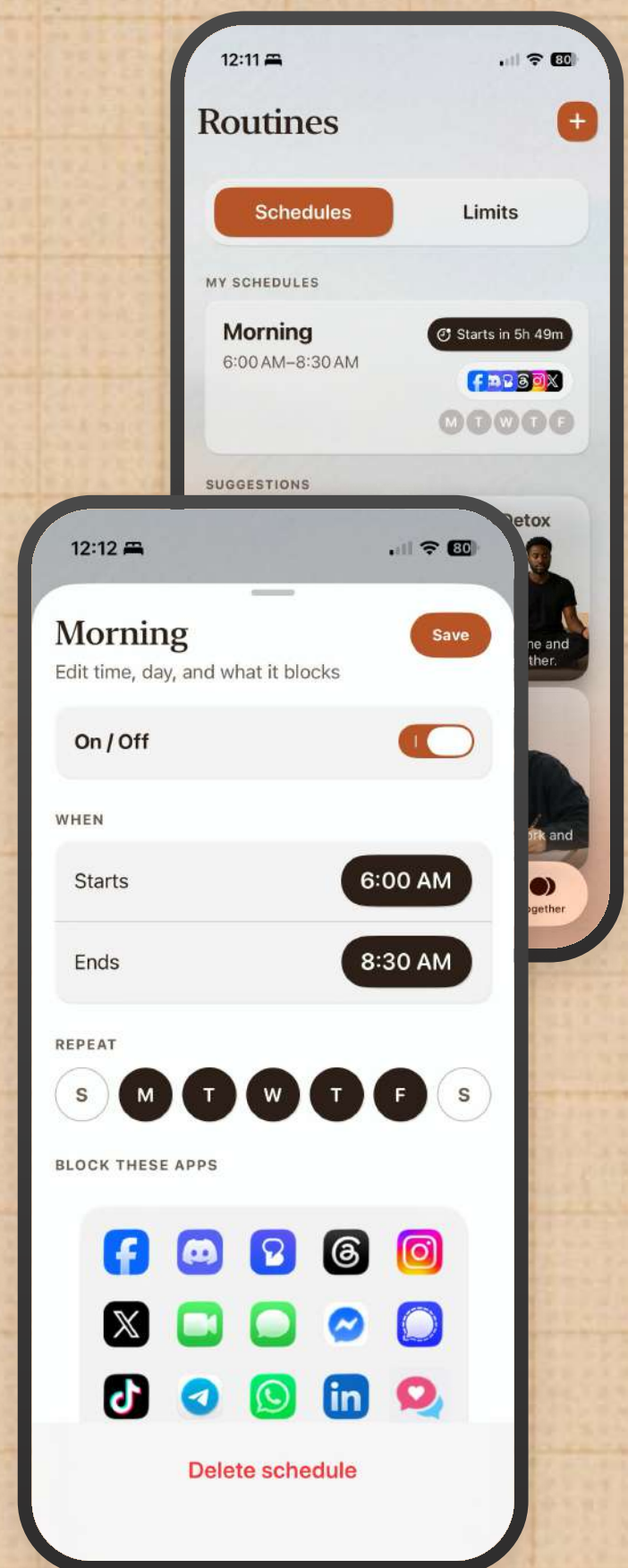
Check your phone in the first ten minutes of being awake and you've handed control of your morning to other people. Other people's messages, other people's news, other people's highlight reels. Here's how to solve this:

In enough.

2 minutes

- 1 Set up a **Morning Schedule** in the Routines tab. Pick a window, say 6:30 to 8:30 on weekdays.
- 2 Choose the apps that shouldn't exist during it.
- 3 Done. You decided once, with a clear head. Tomorrow at 6:30 the phone already knows.

The first morning will feel itchy. That itch is useful information: it's your phone habit starting to unwind. By day 6 it'll be just how mornings work.



3

DAY THREE · BEYOND THE APP

Beyond the app

— Beyond the app · the phone doesn't come to breakfast

- 1 Pick a hiding spot for your phone: kitchen counter, hallway shelf, anywhere that isn't your pocket.
- 2 It stays there until you've done the first real thing of your day. Coffee, shower, kids out the door, whatever your first thing is.
- 3 If your alarm is the excuse, that's a **\$12 problem**. Buy an alarm clock. It's the best money-per-hour-of-life-back purchase available, other than enough ;-).



Today's moves



Morning schedule set



Phone spot picked

4

DAY FOUR OF SEVEN

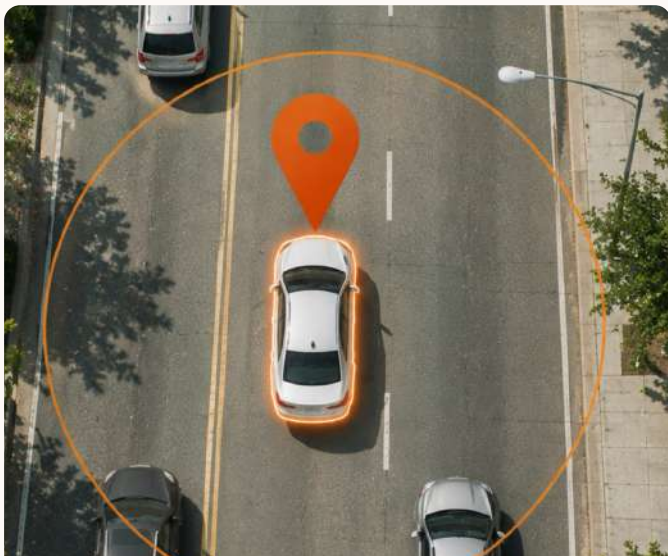
Protect a location

Your phone shouldn't be the same phone everywhere. The version of it you need at your desk is not the version you need at the dinner table, or when you're behind the wheel of your car.

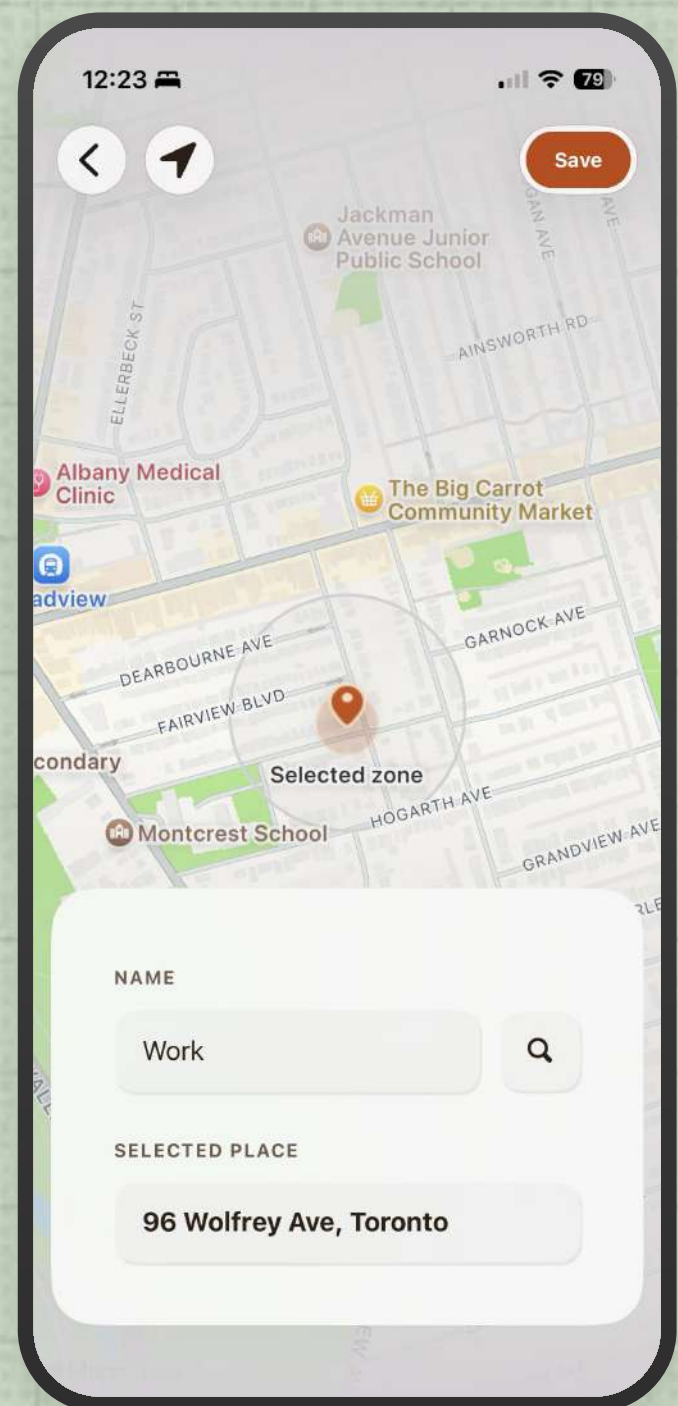
In enough.

2 minutes

- 1 Set your first **location**. Work, gym, home, wherever presence matters most. Your first location is free.
- 2 Choose what app gets blocked when you arrive.
- 3 From then on it happens without needing your input. Set and forget!
- 4 If you drive to this location, you can also set-up a **driving block** to protect your focus en-route.



Protect your Commute



4

DAY FOUR · BEYOND THE APP

Beyond the app

— Beyond the app · give that place a physical setup

- 1 In the place you picked, the phone goes in a drawer, another room, or out of reach. Every time.
- 2 One place. Every time. **Consistency matters more than coverage.**



A phone that's visible, even face-down and silent, still taxes your attention just by existing.

Move it out of sight and that effort comes back to you. And every repeat teaches your brain the association: this place, no pull.

Today's moves



First location set



Phone spot chosen in that place

5

DAY FIVE OF SEVEN

Set up portion control

By now you've probably noticed it: your hand moving to the phone before you've realized what you're doing. Checking the phone between rooms, in line, at a red light, mid-conversation. Today you interrupt that automatic habit.

In enough.

2 minutes

- 1 Pick 1 app you want to only check a few times a day
- 2 Set an **app open limit** on it. This caps how many times you can unblock and open it.
- 3 Every time you want to check that app, you'll need to unlock it. Once you've reached the limit, you're done for the day!

12:45 76%

< Save

New app limit

Cap how often an app can be opened.

NAME

2 opens per day

UNLOCK FOR

Unlock for 10 minutes

ALLOWED UNLOCKS

Allowed unlocks - 2 +

RESET WINDOW

Reset window 24 hours



5

DAY FIVE · BEYOND THE APP

Beyond the app

Beyond the app · the three-second ritual

- 1 Every time you notice your hand on the phone, pause before you unlock it.
- 2 Ask one question: **what did I come here for?**
- 3 If there's an answer (checking directions, texting your mom back), carry on.
- 4 If there's no answer, that was the reflex, and you've caught it in the act. Put it back.
- 5 Count your catches if you're the counting type. The number is usually humbling and weirdly motivating.

You won't catch every reach.

Catch a third of them and that's a strong Day 5.

You're turning an automatic motion back into a choice, and a choice is something you can actually work with.



Today's moves



Open limit on your top app



Catches counted: _____

6

DAY SIX OF SEVEN

End the day well

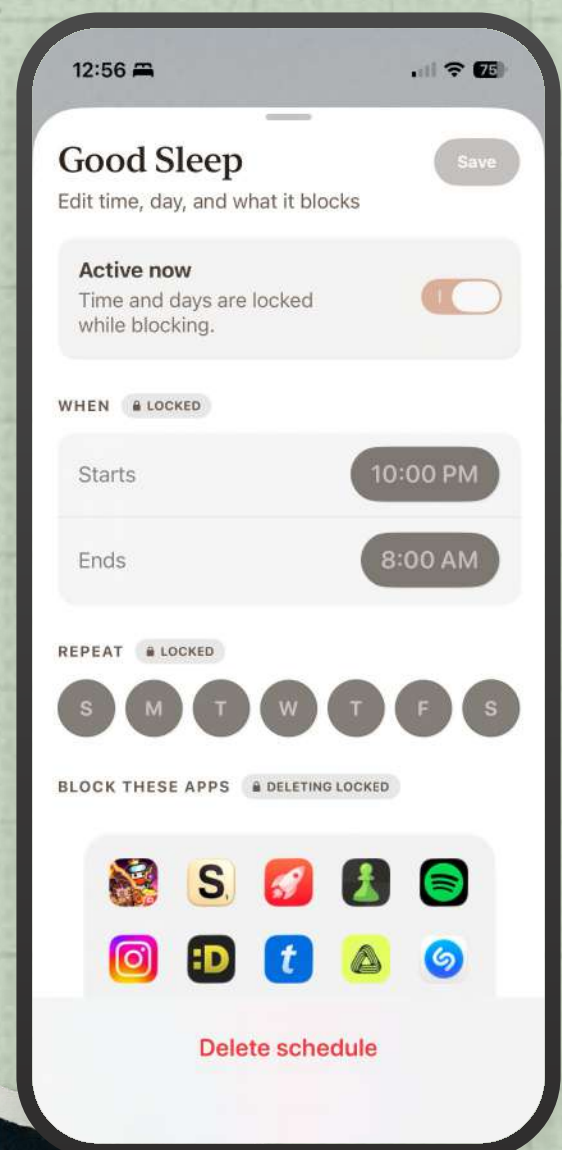
The before-bed-scroll is some of the worst screen time you can have. It's proven to destroy your sleep quality and trades tomorrow's energy for tonight's feed. Remember the feed is engineered to make "one more" feel reasonable at 11:40pm.

In enough.

2 minutes

- 1 Add an **sleep schedule** that starts thirty to sixty minutes before you actually want to be asleep and runs through the night.
- 2 Pair it with the morning window from Day 3. You've now protected both ends of every day. The middle mostly takes care of itself.

Our free plan includes one schedule; but you can try multiple schedules with our free trial.



6

DAY SIX · BEYOND THE APP

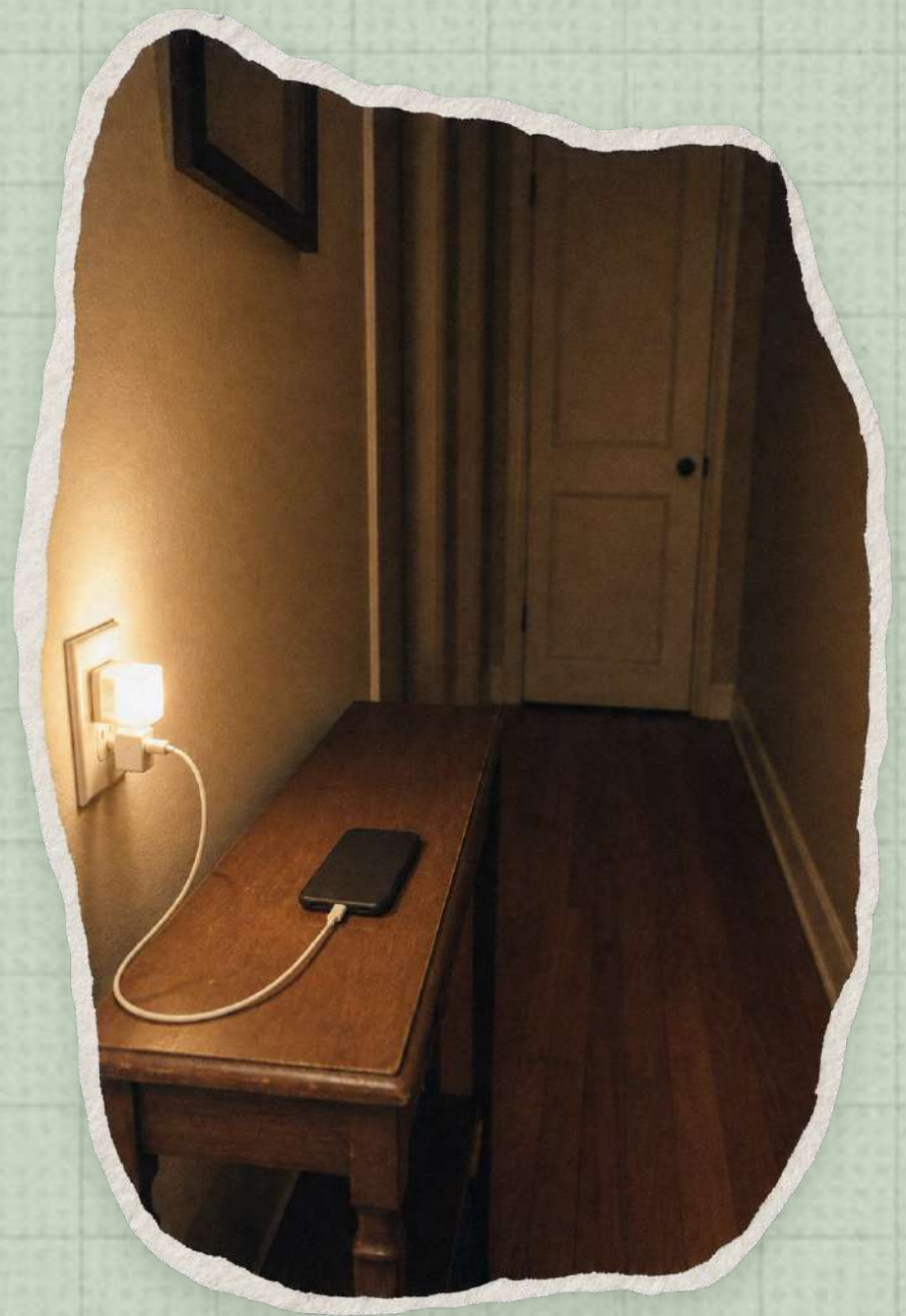
Beyond the app

— Beyond the app

- 1 The phone charges outside the bedroom starting tonight. Not on the nightstand facing down. Outside the room. (This is what the Day 3 alarm clock was really for.)
- 2 Treat your evening schedule's start time as the phone's bedtime, not yours.

Think about what you can do with your extra time

What fills the phone shaped hole is up to you: a book, an actual conversation, staring at the ceiling thinking your own thoughts. Boredom before sleep is useful. It's where your brain files the day.



Today's moves



Evening schedule set



Phone charges outside the bedroom

7

DAY SEVEN OF SEVEN

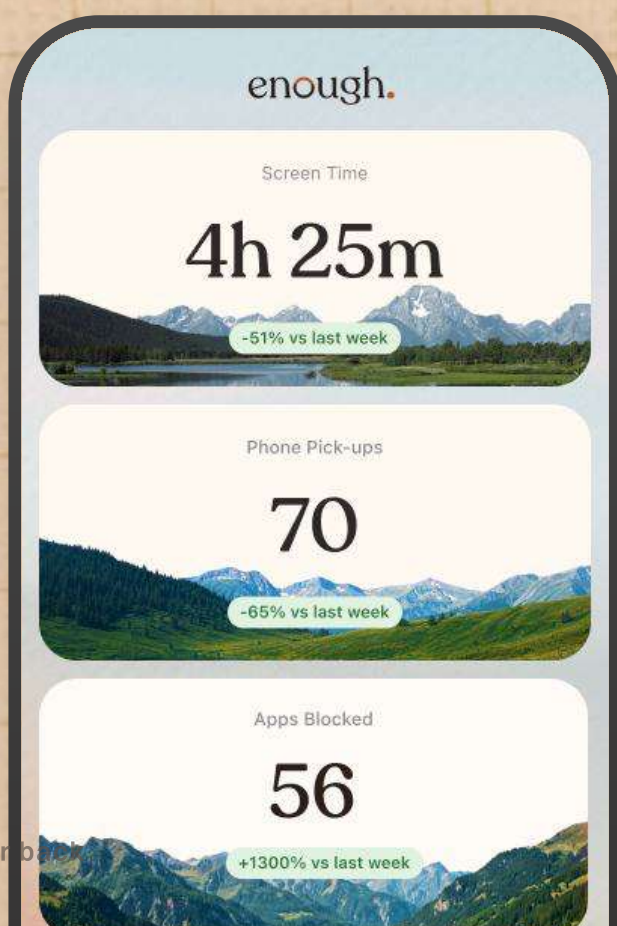
Help someone else

Changing habits is hard, but it gets a lot easier if you do it together with friends and family. On the final day of the program, we want you to reach out to others and share what you've learned.

In enough.

5 minutes

- 1 Try our **Together** feature with a friend or partner. It allows you to block apps alongside other people. Perfect for dates, study groups, or board-game nights.
- 2 Share your screen time results from the last week on social media. Let your friends know you're working on it.



Tap the share icon in
Insights to share your
Screen Time progress!

Tag our Instagram or TikTok @getenough.app

7

DAY SEVEN · BEYOND THE APP

Beyond the app

— Beyond the app

- 1 Tell one person what you did this week. Not for accountability theater, but because doing this alongside someone roughly doubles the odds it holds. Send them this guide, pick a week, compare baselines.



The version of this that's a shared project is
the version that lasts.

Today's moves



Try a Together block



Share your results



One person told

AFTER DAY 7

Celebrate your progress

You've taken a major step in taking back control of your life. More than that, you've joined a community of people who are actively trying to be more present in the lives of their loved ones.

We think that if enough people like us start changing our phone habits, major things will happen. So we ask you for a few favours:

Help your friends cut back their screen time.

Share this guide with them

And keep going!

Our Parting Gift:

Special 6-month rate

\$1.99 / mon

Coupon Code: **ENOUGHNOW**

72% OFF



Offer is applied in-app at payment. Expires after 6 months.

KEEP GOING

You're on the right path

Download
enough.



Free to download · getenough.app

Made by two people who check their phones too much and
decided to do something about it.

