

Checking App Usage on Your Mobile Phone

Before anything else, make sure to align the usage cycle with your SpinTel billing cycle to capture actual usage within the period. See steps [here](#).

For Android (Samsung Galaxy S7)

1. Go to **Settings** and click on **Data Usage**



Bluetooth, Wi-Fi, 4G, signal strength, 100% battery, 1:49 PM

SETTINGS



Edit quick settings

WIRELESS AND NETWORKS



Airplane mode



Wi-Fi



Bluetooth



Mobile Hotspot and Tethering



Data usage



Mobile networks



Advanced Calling



More

PHONE



Sounds and vibration



2. Click on **Mobile Data Usage** to find the amount of data used for each app.

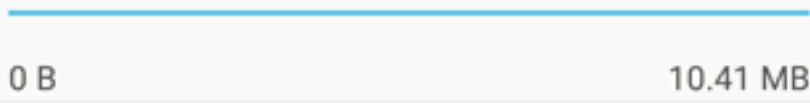


DATA USAGE

USAGE

10 MB of mobile data

Mar 1 - 31



Data saver
Off

MOBILE

Mobile data

Alert me about data usage

Mobile data usage
0.01GB used between Mar 1 - 31





Bill cycle
Starts on the 1 of every month

WI-FI

Wi-Fi data usage



App usage

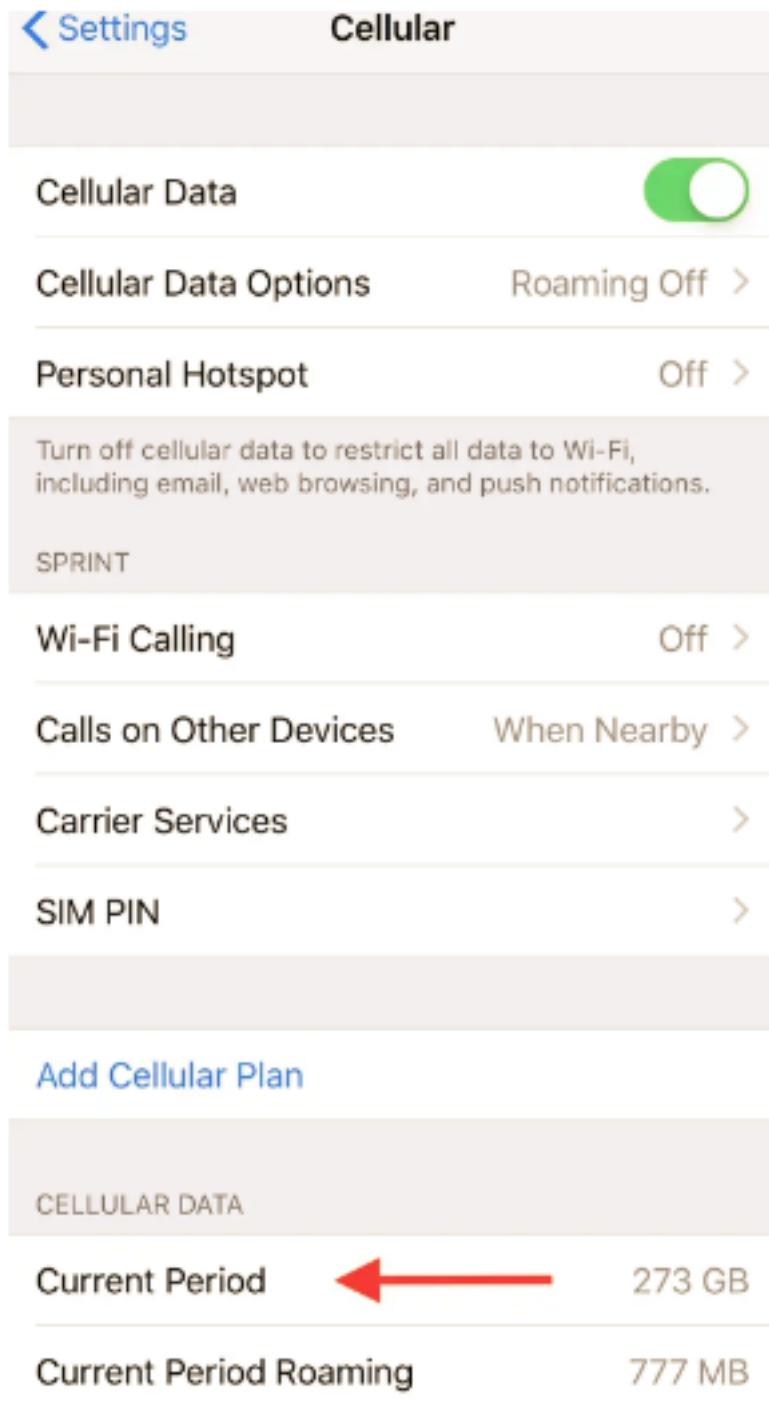
	Google Services	7.03 MB
	Maps	2.13 MB
	Google App	77.68 KB
	Android OS	12.74 KB

For iPhone (iPhone iOS10)

1. Go to **Settings** and click on **Cellular**.



2. On this screen, you will see a section that says "Current Period." The number to the right of "Current Period" shows how much data you've used.



Below this, you'll see various apps with a number below them. This indicates how much data you've used on each app. You can also turn off the green button next to each app to prevent an app from using cellular data.

The screenshot shows the 'Cellular' settings page on an iPhone. At the top, there is a back arrow and the word 'Settings', followed by the title 'Cellular'. Below this, a list of apps is shown, each with its icon, name, and data usage in GB. To the right of each app name is a green toggle switch. A red arrow points to the 'Photos' app, which has 3.3 GB of data usage.

App	Data Usage (GB)	Cellular Data
Chrome	21.8	On
Spotify	17.8	On
Mail	9.2	On
Google Maps	4.2	On
App Store	4.0	On
Photos	3.3	On
Safari	3.1	On
Podcasts	2.7	On
FaceTime	2.3	On
Music	2.1	On
Anthropologie	1.3	On

Note:

"Current Period" data does not automatically reset for your billing cycle. You can reset your data usage statistics by tapping **Reset Statistics** at the bottom of the page.

Online URL:

<https://articles.spintel.net.au/article/checking-app-usage-on-your-mobile->

phone.html