

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**



* 100% 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.



100% 10:41 AM



DATA USAGE



USAGE

10 MB of mobile data

Mar 1 – 31

0 B

10.41 MB

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.

◀ Settings **Cellular**

Cellular Data 

Cellular Data Options Roaming Off >

Personal Hotspot Off >

Turn off cellular data to restrict all data to Wi-Fi, including email, web browsing, and push notifications.

SPRINT

Wi-Fi Calling Off >

Calls on Other Devices When Nearby >

Carrier Services >

SIM PIN >

Add Cellular Plan

CELLULAR DATA

Current Period 273 GB

Current Period Roaming 777 MB



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.

Settings Cellular

	Chrome	<input checked="" type="checkbox"/>
	21.8 GB	
	Spotify	<input checked="" type="checkbox"/>
	17.8 GB	
	Mail	<input checked="" type="checkbox"/>
	9.2 GB	
	Google Maps	<input checked="" type="checkbox"/>
	4.2 GB	
	App Store	<input checked="" type="checkbox"/>
	4.0 GB	
	Photos	<input checked="" type="checkbox"/>
	3.3 GB	
	Safari	<input checked="" type="checkbox"/>
	3.1 GB	
	Podcasts	<input checked="" type="checkbox"/>
	2.7 GB	
	FaceTime	<input checked="" type="checkbox"/>
	2.3 GB	
	Music	<input checked="" type="checkbox"/>
	2.1 GB	
	Anthropologie	<input checked="" type="checkbox"/>
	1.3 GB	

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](#)