

# Checking App Usage on Your Mobile Phone

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*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 LTE, 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.



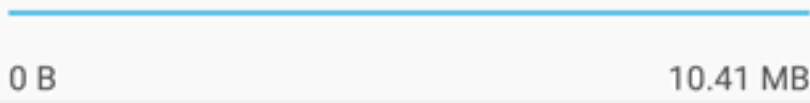
## < DATA USAGE



### 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**

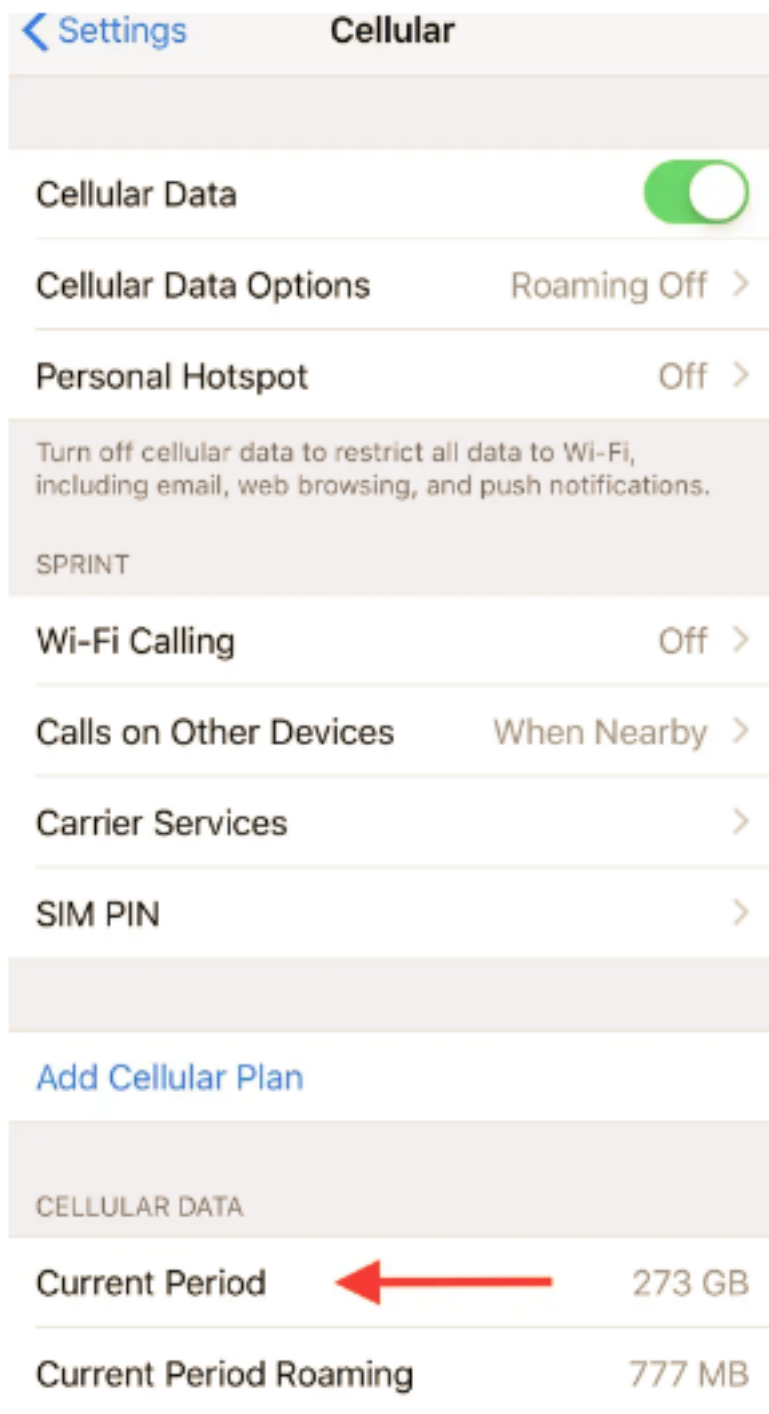
	Google Services	7.03 MB
	Maps	2.13 MB
	Google App	77.68 KB
	Android OS	12.74 KB

## 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 in 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 with their respective icons, names, and data usage in GB. Each app has a green toggle switch to its right. A red arrow points to the 'Photos' app, which is highlighted with a light blue background. The apps listed are: Chrome (21.8 GB), Spotify (17.8 GB), Mail (9.2 GB), Google Maps (4.2 GB), App Store (4.0 GB), Photos (3.3 GB), Safari (3.1 GB), Podcasts (2.7 GB), FaceTime (2.3 GB), Music (2.1 GB), and Anthropologie (1.3 GB).

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