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 <u>here</u>.

For Android (Samsung Galaxy S7)

1. Go to Settings and click on Data Usage

	- 🛡 🛛	\$ 💲 ™ 📶 100% 🖿 1:49 PM		
5	SETTIN	IGS Q :		
	+	Edit quick settings		
V	WIRELES	S AND NETWORKS		
	☆	Airplane mode		
	((•	Wi-Fi		
	*	Bluetooth		
(((ץ))	Mobile Hotspot and Tethering		
	ntl	Data usage		
	11 [(17)	Data usage Mobile networks		
	ا ا ا (۳» ۱۰۱ ۱۰	Data usage Mobile networks Advanced Calling		
	۱۱۱۱ (۱۹۵) ۱۱۱۱۰ (۱۹۵)	Data usage Mobile networks Advanced Calling More		
F	۱۱ («۹») ۱۱ ۱ ((۹)) PHONE -	Data usage Mobile networks Advanced Calling More		
F	III ((?)) >HONE →	Data usage Mobile networks Advanced Calling More 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 mobi	le data
Mar 1 – 31	
0 B	10.41 MB
Data saver	
MOBILE	
Mobile data	
Alert me about data	usage
Mobile data usage 0.01GB used between Ma	r 1 – 31
Bill cycle Starts on the 1 of every m	onth
WI-FI	
Wi-Fi data usage	

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

For iPhone (iPhone iOS10)

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

≁	Airplane Mode	\bigcirc
?	Wi-Fi	
*	Bluetooth	On >
(¹)	Cellular	>
9	Personal Hotspot	Off >
C	Notifications	>
()	Sounds & Haptics	>
C	Do Not Disturb	×
X	Screen Time	>

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 Opt	ions	Roaming Off	>	
Personal Hotspot Of		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 De	evices	When Nearby	>	
Carrier Services			>	
SIM PIN			>	
Add Cellular Plan				
CELLULAR DATA				
Current Period 4 273 G			βB	
Current Period R	oaming	777 N	1B	

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.

< Set	tings	Cellular	
0	Chrome 21.8 GB		
8	Spotify 17.8 GB		
	Mail 9.2 GB		
R	Google Map: 4.2 GB	S	
A	App Store 4.0 GB		
*	Photos 3.3 GB		
0	Safari 3.1 GB		
P	Podcasts 2.7 GB		
	FaceTime 2.3 GB		
1	Music 2.1 GB		
A	Anthropolog 1.3 GB	ie	

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

phone.html