

Phone Storage, Once a Week

One small step. Fill the boxes on your phone, or print this page.

1. Back up your photos and files first.
2. Open your storage settings and look at what's biggest. iPhone: Settings, General, iPhone Storage. Android: Settings, Storage.
3. Clear the biggest thing. Old videos, downloads or an app you don't use.
4. Pick one day each week and repeat. Ten minutes is enough.

ON A BUSY DAY

Delete five screenshots you don't need.

My weekly check time

Backup checked on

The biggest thing I can clear

What I kept or removed