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(57) Abstract :

A system (100) and a method (200) for managing application usage is provided. The system (100) includes a server (102) which utilizes an artificial intelligence module (102), a mathematical algorithm module (106), a personalized assistant module (108), a time restriction module (110), a point system module (112), and an auto-logout module (114) to monitor and track mobile application usage, establish and enforce time limits for individual applications, incentivize users to reduce daily application usage, and log users out of an application once the time restriction has been reached. The system (100) provides personalized recommendations and feedback to users, helping them modify their application usage patterns and improve their productivity. The system (100) provides users with a clear understanding of their application usage patterns. The system (100) establishes and enforces time limits for individual applications, incentivizing users to reduce daily application usage.

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