ToolGPA

NOVEMBER 2026

ActionDash

The Insider’s Guide

Android screen-time tracker with app limits and a focus mode



Every plan, grade, refund rule and rival among focus apps, read from ActionDash’s own pages.

Made by Sensor Tower · checked Nov 13, 2026 · toolgpa.com

2.6
GPA



Contents

01 Welcome
What it is, who it suits, its grades and the ten things to know first

02 What it costs
Every plan, the free plan, ways to pay less and how prices have moved

03 What it does
Its main features, where it runs, what it works with and who makes it

04 Where it stands
Its grades against its category, and whether to keep it or make your own

05 The alternatives
The tools it is most often weighed against, side by side

06 Quick answers
The questions people ask about it, each answered in a line or two

07 About ToolGPA
Who made this guide, what else is on the site, and how to cite it

ToolGPA put this guide together from ActionDash's own pages, its app-store listings and our grades. Every fact in it is on ActionDash's page too, where it is kept up to date. Checked Nov 13, 2026.

Welcome

What it is, who it suits, its grades and the ten things to know first

2.6

GPA, above 35 of the 83 other focus apps we grade

ActionDash is an Android app that shows how much time goes to each app, how many notifications arrive and how often the phone is unlocked. It adds daily app limits, a focus mode that pauses chosen apps, and a Gmail inbox cleanup tool. The Play Store listing names Sensor Tower as its builder.

To get you started, here are **8 things to know about ActionDash**, taken from its own pages and our grades.

> **It is Android only, whether it has paid upgrades could not be confirmed, and its website-blocking needs Accessibility Service.**
>
> From our report card of ActionDash

1 **Best for screen time limits on Android**

ActionDash is a free Android screen-time tracker with app limits, a focus mode and sleep mode.

2 **It is free**

ActionDash has no paid plan at all. Free to install from Google Play; the site's own listing data states a price of $0. Whether the app has paid in-app upgrades could not be confirmed.

3 **It runs on Android**

Android.

4 **Screen time breakdown**

Shows usage per app, notification counts and unlock frequency, with trends over days, weeks and months.

5 **Focus mode**

Pauses distracting apps in one tap, and can switch on by schedule for work, study or bedtime.

6 **App usage limits**

Sets a daily time limit for any app and notifies you as you approach it.

7 **A 2.6 GPA, above 35 of 83**

That is against the other focus apps we grade, on value, the free plan, features, ease of use and platforms.

8 **Keep it**

ActionDash is free, so making your own would save you nothing.

ActionDash at a glance

PRICING Free	FREE PLAN Yes
FREE TRIAL None stated	RUNS ON Android
MADE BY Sensor Tower	CATEGORY Focus Apps
OUR GRADE 2.6 GPA, good	

The report card

Best for screen time limits on Android

ActionDash is a free Android screen-time tracker with app limits, a focus mode and sleep mode. It is Android only, whether it has paid upgrades could not be confirmed, and its website-blocking needs Accessibility Service.

TOOLGPA REPORT CARD

ActionDash

Graded Nov 13, 2026

SUBJECT	GRADE	COMMENT
Value for money	A	Free to install from Google Play, which counts as free and substantial, but the site gives no pricing page and in-app prices are unconfirmed.
Free plan and trial	B	The app is free to install and use, though the listing does not say what paid in-app upgrades hold.
Features	C	Screen time breakdown, app limits, focus mode, sleep mode and inbox cleanup. It covers Android only and no website blocking without Accessibility Service.
Ease of use	B	No rating on record, but it is an app you install and open with nothing to set up.
Platforms and integrations	D	Android only, with no iPhone or desktop version.

Grade point average Good, out of 4.0 **2.6**

An A is worth 4 points, a B 3, a C 2, a D 1 and an F nothing. The GPA is the average of the five.

Who ActionDash is for

- ✓ Fits if you want to see and cap your phone use on Android
- ✓ Works for people who want a focus mode without paying up front

Who it is not for

- ✗ Skip it if you use iPhone or a computer, because it is Android only
- ✗ Watch out: website blocking depends on Android's Accessibility Service
- ✗ Watch out: the cost of any paid tier is unconfirmed, as no pricing page exists
- ✗ Watch out: the email manager sends Gmail data to the vendor's servers, which the site says are encrypted

Good to know

Good for

- ✓ Android users who want more detail than the built-in Digital Wellbeing screen
- ✓ People who want to exclude apps like clocks or maps from their screen-time totals

Worth knowing

- ⓘ Android only; the vendor lists no iPhone or desktop version.
- ⓘ No pricing page exists, and the Play listing does not show a price for the in-app items, so the cost of any paid tier is unconfirmed.
- ⓘ Website blocking relies on Android's Accessibility Service, as the Play listing explains.
- ⓘ The email manager sends Gmail data to the vendor's servers, which the site says are encrypted.

What it costs

Every plan, the free plan, ways to pay less and how prices have moved

Free

No paid plan at all

ActionDash's current pricing could not be confirmed from its own site.

> **The app is free to install and use, though the listing does not say what paid in-app upgrades hold.**
>
> From our grade for free plan and trial

We could not confirm ActionDash's current prices from its own site, so this guide lists no plans. actiondash.com has them.

What it does

Its main features, where it runs, what it works with and who makes it

1

Place it runs: Android

Android screen-time tracker with app limits and a focus mode. Here is what it does, as its own site describes it, and what it covers: site & app blocker, habit tracking, reports.

> "
>
> **Screen time breakdown, app limits, focus mode, sleep mode and inbox cleanup.**

From our grade for features

Screen time breakdown

Shows usage per app, notification counts and unlock frequency, with trends over days, weeks and months.

Focus mode

Pauses distracting apps in one tap, and can switch on by schedule for work, study or bedtime.

App usage limits

Sets a daily time limit for any app and notifies you as you approach it.

Sleep mode

Schedules a sleep window that disables apps, according to the Play listing.

Inbox cleanup

Connects to Gmail to show top senders, unsubscribe from newsletters and bulk-delete old mail.

Where it runs

Android

What it works with

Gmail

ActionDash is made by Sensor Tower.

Where it stands

Its grades against its category, and whether to keep it or make your own

35/83

Other focus apps it is graded above

ActionDash's GPA of 2.6 is higher than 35 of the 83 other focus apps we grade, and level with 13.

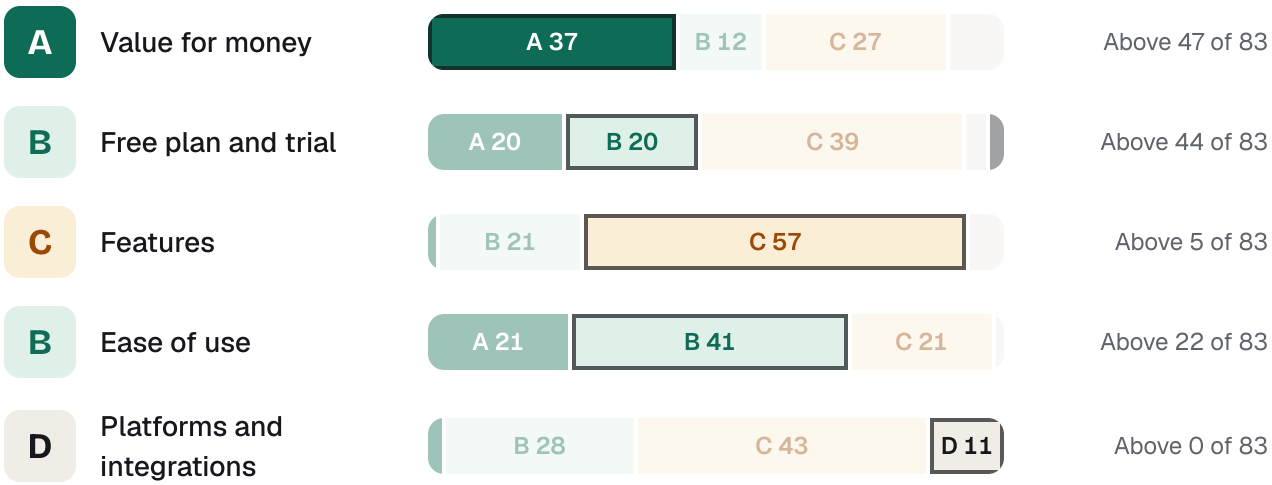
It stands best on value for money (A, above 47 of 83) and worst on platforms and integrations (D, above 0).

ActionDash has no paid plan.

On features, ease of use and platforms it scores 2.0 out of 4. Nothing scores higher for less, though at least one tool matches that score at a lower price.

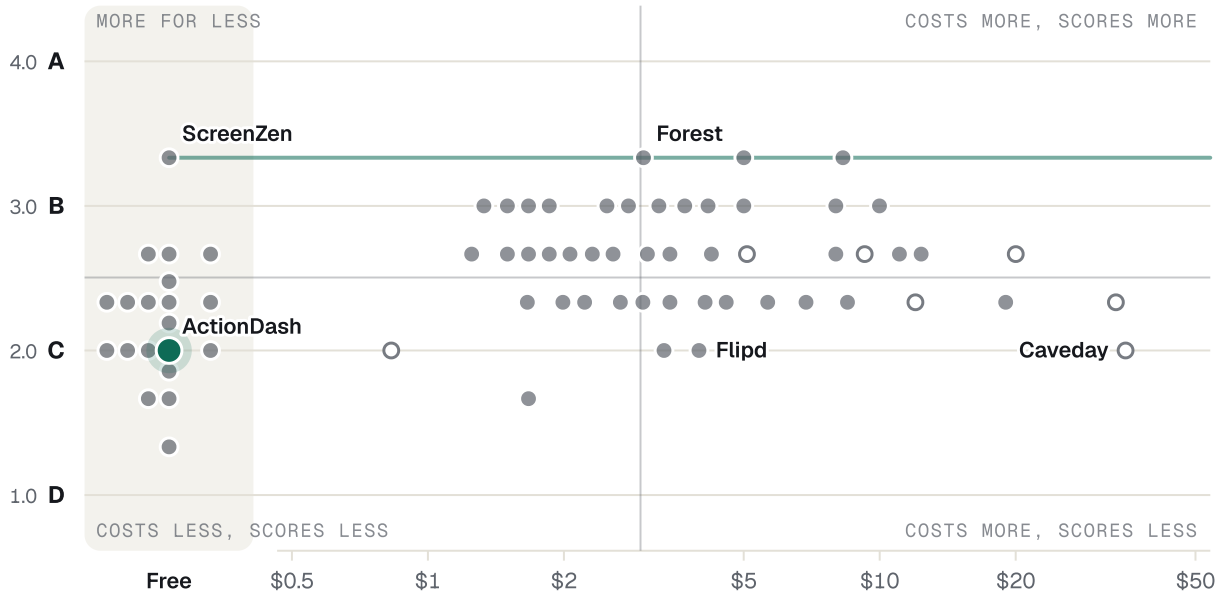
Each grade against the category

Every bar is all 84 focus apps we grade, cut by the letter each got. ActionDash's own letter is outlined.



Price against what you get

Each dot is one of 70 focus apps. Further left costs less; higher up scores better on features, ease of use and platforms. ActionDash is the marked dot.



What paid plans start at, a month (each step along is roughly double)

Keep it, or make your own?

Whether this is something you could build for yourself with an AI app builder, and what you would give up.

Keep it

ActionDash is free, so making your own would save you nothing.

What you could make

- Reports and habit tracking: an app builder makes these well.

What you could not

- Blocking that reaches every browser and app and is hard to switch off.
- A real app for Android. Something home-made would be a web page.

What this rests on. ActionDash's listing: what it does, where it runs, what it plugs into and what it costs. It is a judgement about the kind of software this is. We have not built a replacement for it, and making your own means looking after it too. How we decide, and every tool's verdict.

The alternatives

The tools it is most often weighed against, side by side



StayFree, Stay Focused, AppBlock, ScreenZen and Digitox

The 5 tools ActionDash is most often weighed against, with where each one differs from it.

3.2 GPA

StayFree

Free

Free cross-device screen time tracker and app and site blocker.

- Only StayFree lists Windows, macOS, Linux and iOS apps.
- Only StayFree lists a browser extension.
- ActionDash also covers habit tracking and reports.

ActionDash and StayFree compared in full

2.4 GPA

Stay Focused

Free plan · from $3.99/mo

App and website blocker with schedules, limits and Strict Mode.

- Only Stay Focused lists an iOS app.
- Only Stay Focused lists a browser extension.
- ActionDash also covers habit tracking and reports.

ActionDash and Stay Focused compared in full



2.8
GPA

AppBlock

Free plan · from $2.50/mo

App and website blocker with schedules and a strict mode.

- Only AppBlock lists an iOS app.
- Only AppBlock lists a browser extension.
- AppBlock can be bought with a one-time purchase.

ActionDash and AppBlock compared in full



3.6
GPA

ScreenZen

Free

Free app that delays and blocks distracting apps and sites.

- Only ScreenZen lists iOS, macOS and Windows apps.
- ActionDash also covers habit tracking and reports.
- ScreenZen also covers time tracking.

ActionDash and ScreenZen compared in full



1.8
GPA

Digitox

Free plan · from $4.49

Android app that limits apps and short-video content.

- ActionDash also covers reports.

ActionDash and Digitox compared in full

PART 06 · QUESTIONS

Quick answers

The questions people ask about it, each answered in a line or two

11

Questions, each answered in a line or two

The short version of everything above, for when you only need the answer. Each one is told in full in its part of the guide.

Is ActionDash free?

Yes. ActionDash is free to use.

What platforms does ActionDash work on?

ActionDash is available on Android.

Does ActionDash have an iPhone app?

No iPhone app was listed when its pages were read on Nov 13, 2026. ActionDash is listed for Android.

Does ActionDash have a Windows app?

No Windows app was listed when its pages were read on Nov 13, 2026. ActionDash is listed for Android.

Is ActionDash open source?

ActionDash is not described as open source on its own site, as read on Nov 13, 2026.

What does ActionDash integrate with?

ActionDash's listing names Gmail. A listing names up to eight integrations, so it may connect to more.

Who makes ActionDash?

ActionDash is made by Sensor Tower.

What are the alternatives to ActionDash?

The closest alternatives to ActionDash in our directory are StayFree, Stay Focused, AppBlock, ScreenZen and Digitox.

How does ActionDash compare with other focus apps?

ActionDash's GPA of 2.6 is higher than 35 of the 83 other focus apps we grade, and level with 13.

Is ActionDash good value for money?

ToolGPA grades ActionDash A for value for money. ActionDash has no paid plan.

Could I make my own version of ActionDash?

ActionDash is free, so making your own would save you nothing. What you could not make: Blocking that reaches every browser and app and is hard to switch off.

Where this guide comes from

The prices, plans, platforms and features were read from ActionDash's own pages on Nov 13, 2026, and the grades were given on Nov 13, 2026. Graded from this listing, whose facts were read from Sensor Tower's own pages on 13 November 2026. Not based on using the product, and shorter than our full reviews.

Every tool we list gets five grades, A to F, each with its reason, and a GPA that averages them. How each is decided is at toolgpa.com/grades. This guide is ToolGPA's own work; it is not made, paid for or approved by Sensor Tower. Prices change, so check actiondash.com before you buy.

actiondash.com

play.google.com/store/apps/details?id=com.actio…

About ToolGPA

Who made this guide, what else is on the site, and how to cite it

7,721

Tools graded, in 95 categories

ToolGPA grades software the way a school report grades a pupil: five subjects, a letter for each with the reason written beside it, and a GPA that averages them. Prices, plans and platforms are read from each maker's own pages and dated, so you always know how fresh a figure is.

Every grade, review and ranking on ToolGPA is our own judgement. No company can pay for a grade or change one. Every tool on the site has a guide like this one, free to download and pass on. It all lives at toolgpa.com.

7,721	95	739	579
tools graded	categories	price changes on record	apps priced in 12 countries

What else is on toolgpa.com

ActionDash, kept up to date

Everything in this guide, with prices and grades as they are today

toolgpa.com/tools/actiondash

How grades are given

The rules behind every letter and every GPA

toolgpa.com/grades

Value charts

What each tool costs against what it scores, for every category

toolgpa.com/charts

Compare

Any two tools side by side, plan by plan

toolgpa.com/compare

Price changes

Every price rise and cut on record, each with its source

toolgpa.com/price-changes

Prices by country

What apps cost on the App Store in 12 countries

toolgpa.com/prices-by-country

Pay less

Every public discount: yearly billing, students, nonprofits

toolgpa.com/save

Keep or make

Which tools are worth paying for, and which you could build yourself

toolgpa.com/keep-or-make

Scan for the live page

Prices and grades as they are today

Quoting this guide?

Please name ToolGPA and link to the live page, so readers can check the figures for themselves:

```
ToolGPA, "ActionDash: The Insider's Guide",
checked Nov 13, 2026.
https://toolgpa.com/tools/actiondash
```

Know someone choosing between focus apps?

Send them this guide:
toolgpa.com/tools/actiondash/guide

ToolGPA elsewhere: youtube.com/@toolgpa

See our other guides

The best-graded focus apps after ActionDash, each with an Insider's Guide of its own.

Focus Apps Insider's Guide

Every one of the 84 focus apps we grade, compared

ScreenZen Insider's Guide

Free app that delays and blocks distracting apps and sites

3.6 GPA

Flora Insider's Guide

Free focus timer that grows trees, alone or with friends

3.2 GPA

Flow Insider's Guide

Minimal Pomodoro timer for Mac, iPhone, iPad and Apple Watch

3.2 GPA

ToolGPA

Choosing software? Every tool graded, every price dated.

Compare tools at toolgpa.com ›

Everything in this guide is ToolGPA's own summary of what ActionDash's pages, its app-store listings and public reviews said on the dates shown. Grades are our judgement under the rules at toolgpa.com/grades. Every grade, review and ranking on ToolGPA is our own judgement. No company can pay for a grade or change one. ActionDash is a trademark of its owner, and this guide is not made, paid for or approved by Sensor Tower. Prices and plans change: check actiondash.com before you buy.