ToolGPA

NOVEMBER 2026

Digitox

The Insider's Guide

Android app that limits apps and short-video content



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

Made by The Generation Lab · checked Nov 13, 2026 · toolgpa.com

1.8
GPA



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

ToolGPA put this guide together from Digitox's own pages, its app-store listings and our grades. Every fact in it is on Digitox'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

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GPA, above 1 of the 83 other focus apps we grade

Digitox is an Android app that tracks phone use and sets limits on apps and on types of content. It can cap how many short videos you watch a day and block topics such as adult or political content across apps. Its site says it collects no accounts or personal information, and an iOS waitlist is open.

To get you started, here are **9 things to know about Digitox**, taken from its own pages and our grades.

> "
>
> **It needs Accessibility Service access and some setup before the limits work.**
>
> From our grade for ease of use

1 **Best for limiting short videos on Android**

Digitox limits apps and counts short videos, such as TikTok and Reels, on Android.

2 **What it costs**

Paid plans start at $4.49 per item (in-app purchase; billing basis not shown).

3 **There is a free plan**

Free to install from Google Play with in-app purchases; the listing does not say which features the free version includes.

4 **It runs on Android**

Android.

5 **App usage limits**

Sets daily limits on any app and reminds you before you go over.

6 **Short-video diet mode**

Caps the number of TikTok, Reels or YouTube Shorts videos per day; labeled beta on the listing.

7 **Topic blocker**

Blocks adult or political content across apps; labeled beta on the listing.

8 **A 1.8 GPA, above 1 of 83**

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

9 **Your call**

A focus timer at its plainest counts down 25 minutes and keeps a log.

Digitox at a glance

PRICING Free plan, from $4.49 per item (in-app purchase; billing basis not shown)	FREE PLAN Yes
FREE TRIAL None stated	RUNS ON Android
MADE BY The Generation Lab	CATEGORY Focus Apps
OUR GRADE 1.8 GPA, weak	

The report card

Best for limiting short videos on Android

Digitox limits apps and counts short videos, such as TikTok and Reels, on Android. The Play listing shows one in-app price of $4.49 without saying what it unlocks, the content features are in beta, and it is Android only.

TOOLGPA REPORT CARD	Digitox	Graded Nov 13, 2026
SUBJECT	GRADE	COMMENT
Value for money	C	One in-app price, $4.49 per item, with no billing period or contents stated, so there is nothing to grade it against.
Free plan and trial	C	Free to install, but the listing does not say what the free version includes.
Features	C	App limits, short-video diet mode, topic blocker and work-hours blocking. The content features are marked beta.
Ease of use	C	No rating on record. It needs Accessibility Service access and some setup before the limits work.
Platforms and integrations	D	Android only for now, with an iOS waitlist.
Grade point average		Weak, out of 4.0 **1.8**

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 Digitox is for

- ✓ Fits if you scroll short videos on Android and want an alarm after a set number
- ✓ Works for people who want an app with no account

Who it is not for

- ✗ Skip it if you use iPhone, because it is Android only and iOS is a waitlist
- ✗ Watch out: the free version's limits are unclear, as the one $4.49 purchase is not described
- ✗ Watch out: it needs Accessibility Service, and keyword usage metrics are shared in aggregate for market research
- ✗ Too light to trust yet, as the video and topic features are beta

Good to know

Good for

- ✓ Android users who want to limit a kind of content rather than a whole app
- ✓ People who want a limiter without signing up

Worth knowing

- ⓘ Android only for now; the site offers an iOS waitlist.
- ⓘ The Play listing shows one in-app price but not what it unlocks, so the free tier's limits are unclear.
- ⓘ Needs Accessibility Service access, and the listing says anonymous usage metrics, including keywords seen, are collected and shared in aggregate for market research.
- ⓘ The content features are marked beta on the Play listing.

PART 02 · PRICING

What it costs

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

$4.49

To start. There is a free plan too

Digitox has a free plan. Paid plans start at $4.49 per item (in-app purchase; billing basis not shown).

> **Free to install, but the listing does not say what the free version includes.**
>
> From our grade for free plan and trial

IN-APP PURCHASE

$4.49

per item; billing period and what it unlocks not stated

The only in-app price the US Google Play listing shows.

The free plan

Free to install from Google Play with in-app purchases; the listing does not say which features the free version includes.

Read from play.google.com on Nov 13, 2026.

What it does

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

1

Place it runs: Android

Android app that limits apps and short-video content. Here is what it does, as its own site describes it, and what it covers: site & app blocker, habit tracking.

> **App limits, short-video diet mode, topic blocker and work-hours blocking.**

From our grade for features

App usage limits

Sets daily limits on any app and reminds you before you go over.

Short-video diet mode

Caps the number of TikTok, Reels or YouTube Shorts videos per day; labeled beta on the listing.

Topic blocker

Blocks adult or political content across apps; labeled beta on the listing.

Work-hours app blocking

Blocks distracting apps during set work hours.

No account needed

The site says there are no accounts and no personal information collected.

Where it runs

Android

What it works with

Its own pages name no integrations.

Digitox is made by The Generation Lab.

PART 04 · STANDING

Where it stands

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

1/83

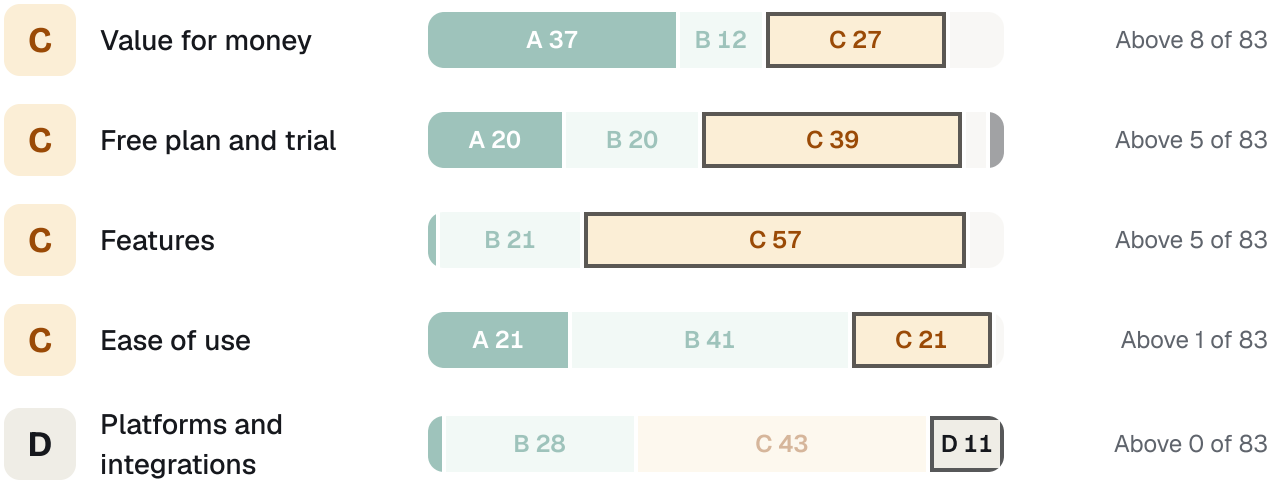
Other focus apps it is graded above

Digitox's GPA of 1.8 is higher than 1 of the 83 other focus apps we grade.

It stands best on value for money (C, above 8 of 83) and worst on platforms and integrations (D, above 0).

Each grade against the category

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



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.

Your call



A focus timer at its plainest counts down 25 minutes and keeps a log.

You could make the core of Digitox for yourself: habit tracking. What you would give up is listed below. Whether that is worth the price is your call.

What you could make

- Habit tracking: an app builder makes this 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. Digitox'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



ActionDash, StayFree, ScreenZen, AppBlock and Stay Focused

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

2.6 GPA

ActionDash

Free

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

- ActionDash also covers reports.

Digitox and ActionDash compared in full

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.
- Digitox also covers habit tracking.

Digitox and StayFree 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.
- Digitox also covers habit tracking.
- ScreenZen also covers time tracking.

Digitox and ScreenZen 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.

Digitox and AppBlock 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.
- Digitox also covers habit tracking.

Digitox and Stay Focused compared in full

PART 06 · QUESTIONS

Quick answers

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

10

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 Digitox free?

Digitox has a free plan. Free to install from Google Play with in-app purchases; the listing does not say which features the free version includes.

How much does Digitox cost?

Digitox lists one plan. In-app purchase: $4.49 per item; billing period and what it unlocks not stated.

What platforms does Digitox work on?

Digitox is available on Android.

Does Digitox have an iPhone app?

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

Does Digitox have a Windows app?

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

Is Digitox open source?

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

Who makes Digitox?

Digitox is made by The Generation Lab.

What are the alternatives to Digitox?

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

How does Digitox compare with other focus apps?

Digitox's GPA of 1.8 is higher than 1 of the 83 other focus apps we grade.

Could I make my own version of Digitox?

A focus timer at its plainest counts down 25 minutes and keeps a log. You could make the core of Digitox for yourself: habit tracking.

Where this guide comes from

The prices, plans, platforms and features were read from Digitox'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 The Generation Lab'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 The Generation Lab. Prices change, so check digitox.app before you buy.

digitox.app play.google.com/store/apps/details?id=phosphoru…

PART 07 · ABOUT

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

Digitox, kept up to date

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

toolgpa.com/tools/digitox

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:

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ToolGPA, "Digitox: The Insider's Guide",
checked Nov 13, 2026.
https://toolgpa.com/tools/digitox
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Know someone choosing between focus apps?

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

ToolGPA elsewhere: youtube.com/@toolgpa

See our other guides

The best-graded focus apps after Digitox, 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 Digitox'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. Digitox is a trademark of its owner, and this guide is not made, paid for or approved by The Generation Lab. Prices and plans change: check digitox.app before you buy.