

7 Day Digital Detox



Monday

Measure Your Screen Time

Take an inventory of how much time you are on your phone and specific apps you use daily. Document it. Your goal is to lower that time this week.

Tuesday

Screen Free Morning

Start your day without checking your phone or any notifications. Instead, engage in a mindful morning routine: be active, read, or journal.

Wednesday

Limited Online Interactions

Deactivate social media applications/gaming accounts for the day. Instead, get together and have a face-to-face hang out with a friend.

Thursday

Tech-Free Dining

Spend a meal without your phone. Engage with one another around the table and discuss your 'Peak' and 'Valley' of the day.

Friday

DeClutter Your Phone

Unsubscribe and unfollow any applications or friends that don't uplift you. Then create a vision board of what inspires you.

Saturday

Screen Free Afternoon

As you enjoy your weekend, put your phone down until dinner time. Get outdoors and explore, without having to post your activity.

Sunday

Turn off Your Devices and Unplug

Turn in your phones and all electronics. Deactivate applications until the next day.
#PhoneFreeDay

DESCRIBE HOW THE WEEK MADE YOU FEEL & ANYTHING WORTH NOTING:



MONDAY SCREEN TIME: _____

SUNDAY SCREEN TIME: _____

