



Digital Detox Challenge

March 10 – April 6, 2025

The Digital Detox Challenge is a 4-week challenge that encourages individuals to put down technology and be present. This challenge touches on aspects of both mental and social well-being as it helps participants unplug and live their best lives. A digital detox is not all-or-nothing. It is based on your own goals, boundaries and limits. Do what works best for YOU! Everyone who completes this challenge by submitting weekly check ins on Passport 4 Good will be entered into a raffle drawing for prizes!

Registration and Participation

- Register [HERE](#), on Passport 4 Good or scan the QR code. You may have to scroll down to groups and select join more groups.
- Each week you will receive an educational email and Digital Detox checklist. **Your goal is to complete at least 3 of the 7 tasks** (more than 3 is also encouraged!)
- **Check in weekly with on Passport 4 Good** (we'll send you reminder emails with the link)



Prizes Include:

- 6-month FREE membership to Sunnyview Lifestyle Wellness Center
- Gift Certificate to Thrive Holistic Healing
- Portable Ninja blenders
- Relaxation Kit (yoga mat, essential oils, journal)