

Digital Detox Challenge

Week 2 Checklist

You can do this!

Dates: _____

Day	Activity	Complete
Mon	Go tech-free for the last hour before bed-no electronics!	Yes
		No
Tue	Enjoy a meal (or all three) without your phone or the TV on.	Yes
		No
Wed	Completely turn off your phone for one hour. Now go and do something you enjoy!	Yes
		No
Thu	Don't look at or check your phone for the first hour of the day when you wake up.	Yes
		No
Fri	Keep your phone in another room when not actively in use- this will help to resist the urge to scroll.	Yes
		No
Sat	Charge your phone overnight in a different room from where you sleep. Use a traditional alarm clock if needed!	Yes
		No
Sun	Sit in public alone without checking your phone-be present!	Yes
		No

Inspired by: <https://butfirstjoy.com/digital-detox-challenge/>

QUALIFYING
HEALTHY ME
ACTIVITY



SOCIAL | MIND | SPIRIT