

# Digital Detox Challenge

## Week 4 Checklist

*You can do this!*

Dates: \_\_\_\_\_

Day	Activity	Complete
<b>Mon</b>	Complete 3 major tasks prior to picking up your phone	Yes
		No
<b>Tue</b>	Refrain from going on any social media apps for a full day. If this is too challenging- pick just one app to avoid for the day!	Yes
		No
<b>Wed</b>	Do something fun that you enjoy, and don't post about it on social media!	Yes
		No
<b>Thu</b>	Designate one room in your home to being a "tech-free" zone. Anyone who lives in that household should not use technology in there!	Yes
		No
<b>Fri</b>	Host a tech-free party with friends or family. Let them join in on the digital detox fun!	Yes
		No
<b>Sat</b>	Leave your phone in a different room while eating meals! Do not keep it in your pocket or on the table!	Yes
		No
<b>Sun</b>	Make a list of any changes or improvements you have seen as a result of this challenge.	Yes
		No

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

QUALIFYING  
HEALTHY ME  
ACTIVITY



SOCIAL | MIND | SPIRIT