



# Digital Detox Challenge

## Week 1 Checklist

*You can do this!*

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

Day	Activity	Complete
<b>Mon</b>	Make a physical list of all your Digital Detox challenges, concerns and goals you hope to accomplish.	Yes No
<b>Tue</b>	Remove any unwanted or unused apps from your phone!	Yes No
<b>Wed</b>	Read the news from a newspaper.	Yes No
<b>Thu</b>	Do something fun today and enjoy the moment! Do not use your phone to take photos.	Yes No
<b>Fri</b>	Unfollow or unfriend and people/pages that make you feel bad about yourself. No need for any negativity!	Yes No
<b>Sat</b>	Try to go somewhere new using only a physical map. Refrain from using GPS!	Yes No
<b>Sun</b>	Make a list of things you enjoy that are not digital.	Yes No

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