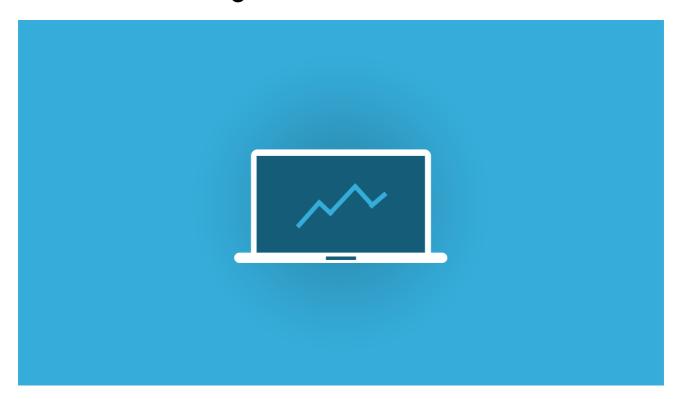
Digital Detox Checklist



WEEK 1- choose 4

Unfriend/ unfollow people
Remove unwanted apps
Unsub. From newsletters
Delete phone numbers
Delete photos
Leave Facebook groups
Block exes, ex-friends, etc.
Make list of things you enjoy

WEEK 3 - choose 4

Phone-free until after lunch
Notifications off all day
Social media-free day
Have fun & don't share it
5-minute scroll limit
Leave phone at home

Charge phone away from bed

WEEK 2 - choose 5	
No TV all day	
Enjoy a tv/phone free meal	
Turn off phone for 1 hour	
Notifications off on days off	
Have fun & don't share it	
Sit in public w/o phone	
Cellphone-free hour	
Choose a space for phone	
Physical reading not digital	
WEEK 4 - choose 5	
WEEK 4 OHOOSE O	
3 tasks before phone-time	
3 tasks before phone-time	
3 tasks before phone-time Join positive fb groups	
3 tasks before phone-time Join positive fb groups Subscribe to new lists	
3 tasks before phone-time Join positive fb groups Subscribe to new lists Phone-free room in house	
3 tasks before phone-time Join positive fb groups Subscribe to new lists Phone-free room in house Follow inspiring accounts	
3 tasks before phone-time Join positive fb groups Subscribe to new lists Phone-free room in house Follow inspiring accounts Watch educational tv	
3 tasks before phone-time Join positive fb groups Subscribe to new lists Phone-free room in house Follow inspiring accounts Watch educational tv Do something fun online	Make and Share Free Checklists checkli.com