

30 Day Social Media Detox



DAY-1

☐ No facebook until 12 pm.

DAY-2

☐ No social media updates today!

DAY-3

☐ No social media scrolling till 11 am.

DAY-4

☐ Call 3 friends today, don't just stalk!

DAY-5

☐ Spend 2 hours phone free with someone.

DAY-6

☐ Twitter free day!

DAY-7

☐ Meditate 15-20 min. phone free

DAY-8

☐ Limit of 20 min. social media today.

DAY-9

☐ No facebook today!

DAY-10

☐ No status updates today!

DAY-11

☐ 1 hour of an activity you've never done.

DAY-12

☐ Limit of 20 min. social media today.

DAY-13

☐ No sim until 2pm today.

DAY-14

☐ First hour of today phone free.

DAY-15

☐ Halfway there! no SM ALL day.

DAY-16

☐ No phones at meals all day.

DAY-17

☐ Laptop closed and off by 6 pm!

DAY-18

☐ Exercise phone free today.

DAY-19

☐ Limit of 15 min. social media today.

DAY-20

☐ Instagram free day!

DAY-21

☐ No social media scrolling till 3 pm.

DAY-22

☐ No social media after 5 pm.

DAY-23

☐ Zero social media today!

DAY-24

☐ 30 min social media limit.

DAY-25

☐ Read for 45 minutes today.

DAY-26

☐ No social media scrolling till 4 pm.

DAY-27

☐ Instagram free day!

DAY-28

☐ Surprise a loved one. no phone night.

DAY-29

☐ Journal future goals. no phone 1 hour.

DAY-30

☐ Your choice challenge yourself!

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