Two-week digital detox plan

Take back control of your smartphone

- [ ] Turn off all but essential notifications
- [ ] Move social apps off the home screen
- [ ] Set app time limits
- [ ] Use a separate alarm clock
- [ ] Phone-free zones: bedroom, table
- [ ] No phone in the first hour after waking
- [ ] Social media ≤ 30 min a day

	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Stayed within my limit	○	○	○	○	○	○	○	○	○	○	○	○	○	○
No phone in the bedroom	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Offline activity instead of scrolling	○	○	○	○	○	○	○	○	○	○	○	○	○	○