



14-Day Digital Detox *Challenge*

BREAK SCREEN
ADDICTION AND TAKE
BACK CONTROL OF
YOUR LIFE

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NUTRITION

14-DAY DIGITAL DETOX CHALLENGE

Welcome to your 14-Day Digital Detox Challenge! In the next two weeks, you'll learn new habits to create a more balanced approach to technology.

It's no secret that we live in a screen-filled world. Between smartphones, computers, and TV, the **average person devotes 7 hours to screen time every day.**

While electronic devices can be wonderful in many ways, they're also highly addictive. It's no wonder we get stuck in a trance, scrolling away for hours, our eyes glued to the screen.

The problem is, our health and happiness can suffer from spending too much time online.

Excessive screen time is linked with:

- Depression & anxiety
- Sleep issues
- Low self esteem
- Poor productivity
- Isolation
- Unhealthy eating habits
- Weight gain
- Lack of exercise
- Eye strain & vision problems

What is a Digital Detox?

A digital detox is **period of time where you intentionally reduce your screen time.** It gives you a breather from the online world so you can experience life free of distractions.

This can help you set better boundaries so your digital devices don't hijack your time and take over your personal life.

Digital detox benefits:

- Less stress
- Increased productivity
- Better sleep
- Improved relationships & social interactions
- Better self-image
- Improved mood
- More work/life balance

But before we jump in, let's get a baseline on your digital habits right now.

DIGITAL HABITS

Find your problem areas

Before you make any change, you've gotta know where you're starting. Use this quiz to reflect on your digital habits and gauge your problem areas. Simply check any box that rings true for you:

Digital Habits Quiz

- Do you reach for your phone right when you wake up?
- Do you scroll on your phone in bed in the mornings or evenings?
- Do you find yourself checking your email excessively throughout the day for no reason?
- Do you check your phone or email repeatedly when you're working?
- Do you check your email or social media when spending time with friends or family?
- Do you adjust your activities or actions for social media? (ex. wanting to get Instagram worthy pics and posts)
- Do you often spend time on more than one device at a time (ex. scrolling phone while watching TV)
- Does your screen time take away from relationships, physical activity, hobbies, or interests?

Digital Habit Reflections

Did you have any a-ha's from the quiz? What digital habits seem to be your problem areas? List them below:

CREATE YOUR DIGITAL DETOX

Goal setting

Everyone's digital habits are unique. For some, social media is their weakness. For others, it's YouTube, Netflix, or checking email nonstop.

Now that you have a better sense of *your* digital problem areas, let's talk goals. **Circle 5 or more of the goals below to stick to for 14 days.** Choose the ones you feel will deliver the most benefits:

Digital Detox Goals

- Keep your phone outside of your bedroom while you sleep.
- Avoid opening email or using your phone as the first action of your morning. Instead, create a morning routine, and get through it before you look at screens.
- Get outdoor sunlight before looking at your phone. Commit to 10 minutes in natural sunlight each day (may include your commute to work or school).
- Avoid social media for any personal use. Only use it if needed for work related tasks and set consistent timeframes to prevent overuse (ex. never within 2 hours before bed).
- Avoid watching television within 2 hours before bed.
- Limit the number of times you check your email. Pick 2-3 times a day at set times and stick to it.
- Keep your phone out of reach. Avoid keeping it in your hand or pocket.
- Limit yourself to one device at a time (ex. no web surfing while watching Netflix).
- Put your phone on silent, airplane, or do not disturb when spending time with family/friends, or when trying to focus and complete tasks.
- Avoid using phone when waiting, whether it be in line, at traffic lights, or waiting for something to start.

CLARIFY YOUR INTENTIONS

Get in the right mindset

To make any change, you've got to get your mind on board. So let's get clear on your 'whys' for this challenge.

In your journal, answer the following prompts:

- What are 3-5 negative effects too much screen time has in your life?
- What are 3-5 positives that may come from cutting back on technology?

Really write this out! It will help you stay on track when you feel the urge to get online, pick up your phone, check your email, etc.

Now, pick your start date for when you'll begin your 14-day digital detox...

I will start on:

Next, write out the goals you circled on the previous page on a separate piece of paper.

Post it somewhere you'll see it everyday. On your fridge, bathroom mirror, or next to your desk are all good options.



DIGITAL PRETOX

Getting ready

Now that you've selected your goals, let's set you up for success. Here are some helpful to-do's before starting your 14 days.

GET A BASELINE

Before starting, it's helpful to have a baseline on your screen time and how you spend it. Luckily, many apps make this easy whether you have an [iPhone](#) or [Android](#). Jot down your baseline info so you can track your progress.

LET YOUR CREW KNOW

Tell your family, friends, and co-workers about your digital detox and when you plan to start. This will help keep you accountable and prevent any hurt feelings. Especially if your crew is used to instant responses to texts and emails. And who knows, maybe someone will offer to join you!

REDUCE TEMPTATIONS

If you fail to plan, you plan to fail. Here are a few digital pre-tox steps that can help set the stage for success:

- Turn off all push notifications on your phone.
- Delete social media apps from your phone for 2 weeks.
- Delete unnecessary or tempting phone apps.
- Unsubscribe from unnecessary email lists.
- Put your phone in grayscale mode to make your phone less enticing (Here's the [Android](#) & [iPhone](#) instructions for how to do this).

BRAINSTORM SCREEN FREE ACTIVITIES

Create a list of offline activities to replace screen time during the challenge. Jot these down in your journal. Here are a few ideas to get your creative juices flowing:

- Take a phone-free walk
- Spend quality time with family & friends
- Go on a bike ride
- Spend time in nature
- Read a book
- Clean or organize your home
- Cook or bake a new recipe
- Have an at-home spa day
- Exercise
- Garden
- Do arts & crafts
- Journal

DIGITAL DETOX WEEK 1

Track your progress

Alright, let's do this! As you go through this challenge, you'll build more awareness about your digital habits and how they affect your life. Each day, record any a-has, successes, or challenges in the space below:

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7



Great job! You made it through week one!



DIGITAL DETOX WEEK 2

Track your progress

Congrats! You're halfway there! Let's finish this thing strong. Each day, continue to jot down any a-has, successes, or challenges in the space below:

DAY 8

DAY 9

DAY 10

DAY 11

DAY 12

DAY 13

DAY 14

Whew! You DID IT! Amazing work!!



OPTIONAL CHALLENGE

Full day fast

This is totally optional, but if you're up for it, consider spending an entire day screen free.

You can do this anytime during the 14 days or on the last day as a grand finale. Or try it anytime in the future when you need a healthy reset. Some people even devote one day a week to going screen free!

I know spending an entire day unplugged can feel overwhelming. So here are some tips that can help make it easier:

Ask for support

Tell your friends and family about your screen free day and ask for their help in case you get tempted. Maybe one of them will even join you!

Hide your phone

Keep your phone, laptop, and other devices out of sight to resist the urge to go online. You can even have a family member hide them for you.

Plan your day

Plan what activities you'll do while you're offline. Pick healthy, fun activities to keep FOMO at bay. Go for a bike ride, have a picnic, or meet a friend for lunch or a walk. If your excited for the day, screens won't seem so enticing.



DIGITAL DETOX REFLECTIONS

Takeaways

Congrats, you did it! It's time to reflect on the past 14 days. How are you feeling compared to before you started this challenge? Less stressed? More present? More connected to others?

Whatever positive changes you're noticing, celebrate them! Jot down a few notes about any benefits you've felt from this challenge:

Which of your goals do you feel was the most powerful for you? And why?

How will this challenge impact the way you interact with technology in the future?

Make a plan below for how you'll keep your tech use in check going forward:

MY DAILY DIGITAL HABITS
