



**NO PHONE
ZONE**

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 2 - choose 5

- enjoy a tv/phone free meal
- turn off phone for 1 hour
- notifications off on days off
- have fun & don't share it
- cellphone-free hour
- sit in public w/o phone
- choose a space for phone
- physical reading not digital

WEEK 3 - choose 4

- phone-free until after lunch
- notifications off all day
- social media-free day
- 5-minute scroll limit
- have fun & don't share it
- leave phone at home
- charge phone away from bed
- no TV all day

WEEK 4 - choose 5

- 3 tasks before phone-time
- subscribe to new lists
- join positive FB groups
- phone-free room in house
- follow inspiring accounts
- watch educational tv
- do something fun online
- create happy playlist
- happy/funny album on phone

