CHOOSE YOUR CHALLENGE!

2 WEEK SOCIAL MEDIA DETOX CHALLENGE

CHOOSE THE BEST TIME FOR YOUR CHALLENGE

YEAR

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

- 1 DELETE APPS YOU DON'T USE ON YOUR PHONE
- 2 TURN OFF THE NOTIFICATIONS FEATURE
- 3 LEAVE YOUR PHONE IN ANOTHER ROOM BEFORE BED
- 4 REVIEW YOUR FRIENDS LIST AND STOP FOLLOWING THOSE WHO AREN'T YOUR REAL FRIENDS
- 5 ONLY SPEND 30 MINUTES A DAY ON SOCIAL MEDIA
- 6 DON'T CHECK YOUR PHONE FOR MESSAGES BEFORE LUNCH
- 7 ENJOY YOUR MEALS WITHOUT YOUR PHONE
- 8 NO FACEBOOK AND INSTAGRAM ALL DAY
- 9 DON'T USE YOUR PHONE FOR 2 HOURS
- 10 DON'T USE YOUR PHONE UNTIL THE END OF WORK
- 11 NO FACEBOOK ALL DAY
- 12 LEAVE YOUR PHONE AT HOME
- 13 NO SOCIAL MEDIA ALL DAY
- 14 NO PHONE ALL DAY

I AM GRATEFUL FOR:

NOTES:

MOOD: