

Digital Detox Challenge



What is a Digital Detox?

Digital detox is a process where technology, like smart phones, computers, TVs, and all other digital media sources, are turned off or not used for set period of time.

How does the Digital Detox Challenge work?

- ⇒ Each day, write down each strategy you complete successfully.
- ⇒ Keep the challenge going for at least 3 weeks (use provided calendar to track your progress)

What's included in the Digital Detox Challenge?



Smartphones, social media, TVs, tablets, computers, video games, internet

Strategy # 1

No electronics at least 1 hour before bed time

Strategy # 2

Place phone away from your bed.
Use traditional alarm to wake up

Strategy # 3

No electronics at meals

Strategy # 4

Read something printed (magazine, book, newspaper) at least once a day

Strategy # 5

Write or draw something using a pencil and paper

Strategy # 6

Spend a whole day with no social media

Strategy # 7

Go somewhere new using a printed map

Strategy # 8

Have an electronic-free game night with family and friends

Strategy # 9

Try a new recipe using a cookbook

Strategy # 10

Turn off notifications after 5PM or on days off

How Much Digital Detox Can You Master?



1st Place

MASTER OF YOUR DOMAIN

6+ strategies a day



2nd Place

SKILLFUL NAVIGATOR

4 strategies a day



3rd Place

NOT AN ELECTRONIC JUNKIE

2 strategies a day

How does the Digital Detox Challenge work?

- ⇒ Each day, write down each strategy you complete successfully.
- ⇒ Keep the challenge going for at least 3 weeks (use provided calendar to track your progress).

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 1							
Week 2							
Week 3							
Week 4							