

Digital Detox Challenge Tracker

Fill this tracker out weekly as you move through the challenge. Check each week you complete the designated challenge.

Use the notes space to relect. For example, how did this week and the activities make you feel? Do you feel that you have increased time, less stress, etc.?

At the end of the challenge, submit your tracker to:

Name:

Email/phone:



Week One - Notice Your Digital Habits

Track Your Screen time: Reflect on when you tend to scroll or spend unnecessary time online. Identify Your Triggers: Reflect on what prompts you to spend unnecessary time on devices. Is it boredom, stress, notifications, or routine? Set One Small Boundary: Try no screens during meals, no scrolling or TV in bed, or turning off unnecessary notifications.	Challenge Completed?	Week One Reflection and Notes:

Week Two - Creating Healthy Digital Spaces

Set Tech-Free Zones: Choose a place where devices stay out of sight. Establish Tech-Free Times: Such as the first 30 minutes in the morning. Manage Notifications: Turn off non-essential alerts - the ones that pull you back in unnecessarily.	Challenge Completed?	Week Two Reflection and Notes:

Week Three - Rounding Down & Reclaiming Your Time

Create a Social Media Limit: Set a daily time limit to reduce habitual scrolling. No-Screen Night: Try replacing your time with reading, trying a new hobby, or connecting with others. Digital Declutter: Delete or hide distracting apps to reduce automatic checking.	Challenge Completed?	Week Three Reflection and Notes:

Week Four - Digital Wellness and Life Beyond Screens

Add More Offline Joy: Choose one daily activity such as movement or a hobby that replaces screen time. Celebrate What's Improved: Reflect on how you feel after the challenge. Do you sleep better, have less stress, etc.? Commit to One to Two Long-Term Habits: Pick the digital habits you want to keep - such as tech-free mornings, a daily screen limit, or a phone-free meal.	Challenge Completed?	Week Four Reflection and Notes: