DIGITAL DETOX & SCREEN TIME REDUCTION TRACKER

TECH BOUNDARIES & ANALOG RECLAIM

WEEK OF: _____/_____/20____ **MAX DAILY SCREEN TIME: ____h ____m** **MAX SOCIAL MEDIA: ____ MIN/DAY** **TARGET PICKUPS: < _____**

MY DIGITAL DETOX PURPOSE: _____

DAY	SCREEN TIME	SOCIAL APPS	PICKUPS	1ST UNLOCK	BEDROOM OFF	GOAL MET	OFFLINE RECLAIMED ACTIVITY
MON						[ ] YES [ ] NO	
TUE						[ ] YES [ ] NO	
WED						[ ] YES [ ] NO	
THU						[ ] YES [ ] NO	
FRI						[ ] YES [ ] NO	
SAT						[ ] YES [ ] NO	
SUN						[ ] YES [ ] NO	
TOTALS:	____h ____m	____h ____m	____	WEEKLY AVG SCREEN TIME		___ / 7	HOURS RECLAIMED: ____

MY DIGITAL BOUNDARIES & TECH RULES (COMMIT TO AT LEAST 4 THIS WEEK):

[ ] Phone sleeps outside bedroom (Zero late-night doom-scrolling or wake-up checks)

[ ] First 60 minutes after waking are completely screen-free

[ ] Zero phones / tablets at the dining table during meals

[ ] Social media app time-limits locked with passcode

[ ] All non-essential push notifications permanently muted

[ ] Grayscale mode activated during deep work hours

[ ] No device usage while walking outdoors or in nature

[ ] 24-Hour full analog sabbath / unplugged weekend day

OFFLINE JOY REPLACEMENT MENU (WHAT I WILL DO INSTEAD OF SCROLLING):

Analog Hobby 1: _____

Analog Hobby 2: _____