14-Day Offline Activities

Make more room for meaningful life away from screens.

BALANCED RESET

MY RULES

- Read a physical book for 20 minutes
- Write or create something offline
- Take a walk without checking your phone
- Share screen-free time or a meal with someone

DAILY PROGRESS

14 days

1	DAY 1 ☐	2	DAY 2 ☐
3	DAY 3 ☐	4	DAY 4 ☐
5	DAY 5 ☐	6	DAY 6 ☐
7	DAY 7 ☐	8	DAY 8 ☐
9	DAY 9 ☐	10	DAY 10 ☐
11	DAY 11 ☐	12	DAY 12 ☐
13	DAY 13 ☐	14	DAY 14 ☐

WHAT CHANGED WHEN I SPENT LESS TIME ON SCREENS?