# 30-Day Social Media Detox

Spend less time scrolling and more time living.

SOCIAL MEDIA

## MY RULES

- No social media before 10 AM
- One phone-free hour every evening
- Keep social apps off the home screen
- No scrolling during meals

## DAILY PROGRESS

30 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 ☐ | 15 DAY 15 ☐ |
| 16 DAY 16 ☐ | 17 DAY 17 ☐ | 18 DAY 18 ☐ |
| 19 DAY 19 ☐ | 20 DAY 20 ☐ | 21 DAY 21 ☐ |
| 22 DAY 22 ☐ | 23 DAY 23 ☐ | 24 DAY 24 ☐ |
| 25 DAY 25 ☐ | 26 DAY 26 ☐ | 27 DAY 27 ☐ |
| 28 DAY 28 ☐ | 29 DAY 29 ☐ | 30 DAY 30 ☐ |

## WHAT CHANGED WHEN I SPENT LESS TIME ON SCREENS?