7-Day Social Media Detox



Use social media with more intention this week.

SOCIAL MEDIA

MY RULES

- No social media for the first hour after waking
- Replace 15 minutes of scrolling with reading
- Disable nonessential social notifications
- Spend one evening completely social-media-free

DAILY PROGRESS

7 days

1 DAY 1 ☐

2 DAY 2 ☐

3 DAY 3 ☐

4 DAY 4 ☐

5 DAY 5 ☐

6 DAY 6 ☐

7 DAY 7 ☐

WHAT CHANGED WHEN I SPENT LESS TIME ON SCREENS?