7-Day Touch Grass Challenge



Spend more time offline, outdoors, and present.

BALANCED RESET

MY RULES

- Go outside for at least 20 minutes
- Share a screen-free activity with someone
- Take one walk without checking your phone
- Write down one offline moment you enjoyed

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?