

Digital Detox Habit Tracker

HABIT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
No phone after waking																															
Social media under 30 min																															
Phone-free meals																															
One screen-free hour																															
Walk without my phone																															
Read instead of scroll																															
No phone in the bedroom																															
Screens off before bed																															
Turn off notifications																															
Mindful screen check-in																															