

DIGITAL DETOX

Over the next 30 days, try to limit your screen time to 2 hours (120 minutes) per day outside of work requirements. This includes limiting your smart phone, laptop, tablet, and TV usage. Keep track of your daily screen time using this chart to gauge your average daily usage and make adjustments as needed.

1 ____ / 120 mins	2 ____ / 120 mins	3 ____ / 120 mins	4 ____ / 120 mins	5 ____ / 120 mins	6 ____ / 120 mins
7 ____ / 120 mins	8 ____ / 120 mins	9 ____ / 120 mins	10 ____ / 120 mins	11 ____ / 120 mins	12 ____ / 120 mins
13 ____ / 120 mins	14 ____ / 120 mins	15 ____ / 120 mins	16 ____ / 120 mins	17 ____ / 120 mins	18 ____ / 120 mins
19 ____ / 120 mins	20 ____ / 120 mins	21 ____ / 120 mins	22 ____ / 120 mins	23 ____ / 120 mins	24 ____ / 120 mins
25 ____ / 120 mins	26 ____ / 120 mins	27 ____ / 120 mins	28 ____ / 120 mins	29 ____ / 120 mins	30 ____ / 120 mins

