

7-Day Digital Detox Challenge

Unplug. Recharge. Reconnect.

Simple daily steps to unplug without quitting tech

Day 1: Awareness

Track your screen time today. Notice when, why, and how often you reach for your phone.

Day 2: No-Phone Morning

Start your day without screens for the first 30 minutes. Try stretching, journaling, or enjoying your tea.

Day 3: Digital-Free Meals

Keep all devices away during meals. Focus on mindful eating and conversation.

Day 4: Social Media Break

Delete or log out of your most distracting app for 24 hours.

Day 5: Evening Unplug

No screens for 1 hour before bed. Use the time for reading, light stretches, or planning tomorrow.

Day 6: Nature Time

Spend at least 30 minutes outdoors without your phone. Walk, sit in the park, or simply observe your surroundings.

Day 7: Family or Friends Hour

Plan a screen-free activity with loved ones—board games, cooking, or just talking.

Consistency is key—repeat this challenge weekly or monthly.

For more wellness tools, tips, and guides, visit www.balancedlifes.com

Follow us on Instagram @BalancedLifes