

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.balancedlives.com

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