

# **7-Day Digital Detox Tracker**

A simple, practical tool to reduce screen time,  
boost focus, and build balance.

# Your 7-Day Detox Calendar

Each day, write down your goal, track screen-free hours, and reflect on how you felt.

Day	Screen-Free Goal	Activity Instead	Reflection (How I Felt)
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			

## Weekly Reflection

- How many hours of screen time did I cut?
- What activity gave me the most joy instead of scrolling?
- Did I sleep better this week?
- One habit I want to continue: \_\_\_\_\_

## Quick Tips for Success

1. Turn Off Notifications – Silence non-essential alerts.
2. Screen-Free Zone – Keep your phone away during meals/bedtime.
3. Swap, Don't Stop – Replace 15 mins of scrolling with reading, walking, or journaling.