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Digital detox planner



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D I G I T A L D E T O X

detox planner

Detox period · Date: ____ Duration: ____ hours / day / weekend

What I'm switching off · Social media ☐ News ☐ Email ☐ All screens ☐

Exceptions (if any) · _____

What I'll do instead · _____

Tell anyone who needs to know · ☐ Who:

How I felt during · _____

What I'll do differently with tech after ·

T H E P H O N E C A N W A I T — Y O U C A N N O T

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