



Petal & Paper

YOUR FREE PRINTABLE

Digital detox weekend planner



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

detox weekend

Start · ____ **End:** ____ **Level:** no phone ☐ no social ☐ no laptop ☐

Rules for this detox · _____

What I am doing instead · Saturday: ____ Sunday: ____

How I feel before (rate 1–10) · Anxious: ____ Rested: ____
Present: ____

Notifications · Off: ☐ Auto-reply set: ☐ Others informed: ☐

Emergency contact plan · _____

How I feel after · Anxious: ____ Rested: ____ Present: ____

T H E P H O N E W I L L S T I L L B E T H E R E · T H E
M O M E N T M I G H T N O T B E

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