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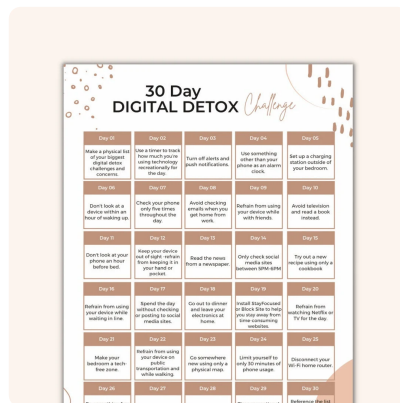


## What Is a Digital Detox Challenge? Benefits & 30-Day Guide

### Photo Gallery



30-day family digital detox challenge - ParentsTogether



30 Day Digital Detox Challenge Printable Digital Away Chall



Unplugged Success: Fyles Journey Through a Month of Digital



DigitalDetox Methodist Hospital Foundation



30-day Digital Detox Challenge, Digital Detox Printable, Soc

| 30 DAY DIGITAL DETOX CHALLENGE                                                                         |                                                                                                   |                                                                                                |
|--------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|
| <b>DAY 1</b><br>Make a physical list of your biggest digital detox challenges and concerns.            | <b>DAY 2</b><br>Use a timer to track how much you're using technology recreationally for the day. | <b>DAY 3</b><br>Turn off alerts and push notifications.                                        |
| <b>DAY 4</b><br>Use something other than your phone as an alarm clock.                                 | <b>DAY 5</b><br>Set up a charging station outside of your bedroom.                                | <b>DAY 6</b><br>Don't look at a device within an hour of waking up.                            |
| <b>DAY 7</b><br>Check your phone only five times throughout the day.                                   | <b>DAY 8</b><br>Avoid checking emails when you get home from work.                                | <b>DAY 9</b><br>Refrain from using your device while with friends.                             |
| <b>DAY 10</b><br>Avoid television and read a book instead.                                             | <b>DAY 11</b><br>Don't look at your phone an hour before bed.                                     | <b>DAY 12</b><br>Keep your device out of sight—refrain from keeping it in your hand or pocket. |
| <b>DAY 13</b><br>Read the news from a newspaper.                                                       | <b>DAY 14</b><br>Only check social media sites between 3PM - 6PM.                                 | <b>DAY 15</b><br>Try out a new recipe using only a cookbook.                                   |
| <b>DAY 16</b><br>Refrain from using your device while waiting in line.                                 | <b>DAY 17</b><br>Spend the day without checking or posting to social media sites.                 | <b>DAY 18</b><br>Go out to dinner and leave your electronics at home.                          |
| <b>DAY 19</b><br>Install StayFocused or Block Site to help you stay away from time-consuming websites. | <b>DAY 20</b><br>Refrain from watching Netflix or TV for the day.                                 | <b>DAY 21</b><br>Make your bedroom a tech-free zone.                                           |
| <b>DAY 22</b><br>Refrain from using your devices on public transportation and while walking.           | <b>DAY 23</b><br>Go somewhere new using only a physical map.                                      | <b>DAY 24</b><br>Limit yourself to only 30 minutes of phone usage.                             |
| <b>DAY 25</b><br>Disconnect your Wi-Fi home router.                                                    | <b>DAY 26</b><br>Do something fun without taking photos for Instagram.                            | <b>DAY 27</b><br>Host a tech-free game night with friends.                                     |
| <b>DAY 28</b><br>Turn off your devices for the entire day.                                             | <b>DAY 29</b><br>Time recreational technology usage and compare to Day 1.                         | <b>DAY 30</b><br>Reference the list from Day 1. Reflect on what you've gained from the detox.  |

GETVOIP

## 10 Scientific Benefits of a Digital Detox + 30 Day Challenge



Amazon.com: Gift Republic GR700017 Digital Detox Cards,BlueM

## About This Collection

Step away from the screen and into a life-changing experiment with the digital detox challenge. Time to log off and redefine your days with this essential plan for a healthier, freer you. See how families and students alike find mental health balance through nature, guided by the unplugged success of a month-long journey. This gallery captures the journey of unplugging, from scientific benefits that can transform your life to the 30-day trackers

and printable social media detox plans from Etsy that keep you on course. Explore the full gallery above to see the challenge unfold.

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**See the full gallery:** [View Full Gallery Online](#)

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