

DIGITAL DETOX WEEKLY SCHEDULE

Month: _____ Focus: Mental Clarity & Presence

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
01	02	03	04	05	06	07
08	09	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

DAILY INTENTIONS

- No screens 1 hour after waking
- Phone-free meals
- 30 mins offline movement
- No screens 2 hours before bed

NOTES & REFLECTION