

Digital Detox Tracker - 7-Day Reset

Ready to unplug?

Your mind deserves the silence.

Use this tracker to guide your 7-day digital detox journey. Each day, complete simple habits and write a short reflection to reinforce your progress.

Day 1 - Intentional Awareness

I identified my top 3 reasons for doing this detox

I checked my screen time baseline

I turned off non-essential notifications

Reflection: _____

Day 2 - Clear Boundaries

I avoided screens for the first hour of my morning

I chose one space (bedroom, dining table, etc.) to keep tech-free

I replaced 30 minutes of screen time with a mindful activity

Reflection: _____

Day 3 - Mindful Consumption

I deleted or logged out of one distracting app

I asked myself 'Why am I opening this app?' before using it

I engaged in a no-tech hobby for 30 minutes

Reflection: _____

Day 4 - Dopamine Reset Light

I avoided all social media for the day

I avoided multitasking with screens (e.g., TV + phone)

I journaled or meditated instead of scrolling

Reflection: _____

Day 5 - Tech-Free Evening

I turned off all screens 1 hour before bed

I read, stretched, or connected with someone IRL

I slept without my phone in the room

Reflection: _____

Day 6 - Tech-Free Challenge

I unplugged for at least 4 continuous hours

I spent time outdoors or in nature

I reflected on how it felt to disconnect

Reflection: _____

Day 7 - Reset & Reflect

I reviewed my screen time changes

I chose 1 long-term habit to maintain

I celebrated finishing the detox!

Reflection: _____