



# DIGITAL DETOX PLAN

## UNPLUG TO RECHARGE



**Your digital life should  
support your real life,  
not replace it**

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# DIGITAL DETOX PLAN

“

RENEW YOUR TIME, ENERGY, AND  
SELF-AWARENESS. YOUR DIGITAL LIFE  
SHOULD SUPPORT YOUR REAL LIFE,  
NOT REPLACE IT

YOUR GREEN ROAD

”

# DIGITAL DETOX LOG

- **What are the biggest challenges I face in disconnecting?**

- 1- .....
- 2- .....
- 3- .....

- **What are the boundaries I want to commit to this week to help me disconnect?**

- Turning off screens at least 1 hour before bed ☐
- Setting the phone outside the bedroom ☐
- Replacing late scrolling with an alternative activity ☐
- Commit to work hours and finish work early ☐
- ..... ☐
- ..... ☐
- ..... ☐
- ..... ☐
- ..... ☐
- ..... ☐
- ..... ☐

**DAY 1**      **DAY** ..... **DATE** .....

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Last Screen Time .....

Device(s) Used .....

Purpose .....

What tempted me to stay online late?

.....

What helped me disconnect early last night?

.....

What alternative activity did I use to fill the screen-time gap?

.....

How did I feel mentally and emotionally before sleep?

.....

How was my sleep?

.....

What can I adjust tomorrow?

.....

**DAY 2**      **DAY** ..... **DATE** .....

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Last Screen Time .....

Device(s) Used .....

Purpose .....

What tempted me to stay online late?

.....

What helped me disconnect early last night?

.....

What alternative activity did I use to fill the screen-time gap?

.....

How did I feel mentally and emotionally before sleep?

.....

How was my sleep?

.....

What can I adjust tomorrow?

.....

**DAY 3**      **DAY** ..... **DATE** .....

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Last Screen Time .....

Device(s) Used .....

Purpose .....

What tempted me to stay online late?

.....

What helped me disconnect early last night?

.....

What alternative activity did I use to fill the screen-time gap?

.....

How did I feel mentally and emotionally before sleep?

.....

How was my sleep?

.....

What can I adjust tomorrow?

.....

**DAY 4**      **DAY** ..... **DATE** .....

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Last Screen Time .....

Device(s) Used .....

Purpose .....

What tempted me to stay online late?

.....

What helped me disconnect early last night?

.....

What alternative activity did I use to fill the screen-time gap?

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How did I feel mentally and emotionally before sleep?

.....

How was my sleep?

.....

What can I adjust tomorrow?

.....



**DAY 5**      **DAY** ..... **DATE** .....

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Last Screen Time .....

Device(s) Used .....

Purpose .....

What tempted me to stay online late?

.....

What helped me disconnect early last night?

.....

What alternative activity did I use to fill the screen-time gap?

.....

How did I feel mentally and emotionally before sleep?

.....

How was my sleep?

.....

What can I adjust tomorrow?

.....

**DAY 6**      **DAY** ..... **DATE** .....

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Last Screen Time .....

Device(s) Used .....

Purpose .....

What tempted me to stay online late?

.....

What helped me disconnect early last night?

.....

What alternative activity did I use to fill the screen-time gap?

.....

How did I feel mentally and emotionally before sleep?

.....

How was my sleep?

.....

What can I adjust tomorrow?

.....

**DAY 7**      **DAY** ..... **DATE** .....

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Last Screen Time .....

Device(s) Used .....

Purpose .....

What tempted me to stay online late?

.....

What helped me disconnect early last night?

.....

What alternative activity did I use to fill the screen-time gap?

.....

How did I feel mentally and emotionally before sleep?

.....

How was my sleep?

.....

What can I adjust tomorrow?

.....

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