



DIGITAL DETOX PLAN

UNPLUG TO RECHARGE

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

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DIGITAL DETOX PLAN

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

YOUR GREEN ROAD

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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

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DAY 1

DAY **DATE**

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**

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**

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

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 5 **DAY** **DATE**

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**

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**

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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