

Digital Detox Challenge: 7-Day Family Reset

Quick Guidelines:

1. Keep devices out of bedrooms and mealtimes.
2. Replace screen time with fun offline activities.
3. Stay positive—celebrate progress, not perfection!

Day	Challenge	Completed?
Day 1	Tech-free dinner (no phones or TV at the table)	
Day 2	30 minutes of outdoor play before any screen time	
Day 3	No screens in bedrooms	
Day 4	Swap 30 mins of video watching for reading or drawing	
Day 5	Family game night instead of TV night	
Day 6	Tech-free morning until after breakfast	
Day 7	Screen-free family outing (park, museum, etc.)	

Reward Tracker:

Give your child a star, sticker, or special treat for each day completed!

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Parent Notes:
