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## 28 Day Challenge

### DAILY RULES



#### **CREATE A DIGITAL CURFEW.**

60 minutes before bed. 30 minutes after waking up.



#### **FIND A HOME FOR YOUR PHONE.**

Where your phone lives when you're not intentionally using it.



#### **NO TECH/SCREENS IN THE BEDROOM.**

Protect your sleep.



#### **NO TECH/SCREENS DURING MEALS.**

Enjoy your food.



#### **NO TECH/SCREENS IN THE BATHROOM.**

Don't multi-task...and the germs.



#### **NO (PERSONAL) SOCIAL MEDIA USE.**

It's gonna be okay.



#### **30 MINUTES OF MOVEMENT, OUTSIDE.**

Boost your mood and reduce your stress.