

7-DAY CHALLENGE

A simple, intentional reset for healthier daily device habits



Attention is a choice.

AWARENESS

BOUNDARIES

CONNECTION

The 5 Healthy Device Diet Habits

- 1 Start with Screens**

When your day starts on your phone, it starts on everyone else's terms. Protect your morning — protect your mindset. Skip texts, scrolling, email, and notifications for the first thirty minutes.
- 2 Focus on the Moment**

Give conversations your full attention — when talking with others — no phone in hand, set aside, and out of sight.
- 3 Meals are a No Scroll Zone**

Healthy habits are caught, not taught — phone free meals quietly teach us all how to be present, listen, and connect — skills that carry beyond the table and into our lives.
- 4 An Evening Device Free**

Reducing stimulation before bed helps your brain relax, supports deeper sleep, and improves focus for the day.
- 5 No Phone Sundays**

One day to unplug, slow down, and reconnect. Limit phone use to what's necessary.

The 7-Day Challenge Tracker

Progress over perfection. Awareness is the goal.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Start with Screens	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Focus on the Moment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Meals — No Scroll Zone	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
An Evening Device Free	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
No Phone Sundays	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Daily Encouragement Prompts

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| <p>Day 1</p> <p>Notice how going phone-free at the start of your day affects your mood.</p> | <p>Day 2</p> <p>Pay attention to the quality of your conversations today.</p> | <p>Day 3</p> <p>Observe how meals feel without distractions.</p> | <p>Day 4</p> <p>Notice how your sleep feels with a device-free wind-down.</p> | <p>Day 5</p> <p>Reflect on moments of presence you gained today.</p> | <p>Day 6</p> <p>Celebrate small wins — progress counts.</p> | <p>Day 7</p> <p>Reflect on the habit you want to continue next week.</p> |
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