30-day phone-free challenge



1 ○ No phone for 30 min after waking	**2** ○ Phone-free meal	**3** ○ Turn off 5 notifications	**4** ○ Read 10 pages	**5** ○ Walk without your phone
6 ○ Charge it outside your room	**7** ○ Call a friend instead of texting	**8** ○ Phone-free hour	**9** ○ Delete 1 app you don't use	**10** ○ Watch the sunset
11 ○ Draw or doodle	**12** ○ Grayscale screen for a day	**13** ○ Cook something new	**14** ○ Write 3 good things	**15** ○ Phone-free morning
16 ○ Tidy one drawer	**17** ○ Play a board game	**18** ○ Phone-free hangout	**19** ○ Stretch for 10 min	**20** ○ Library or bookstore trip
21 ○ Phone in a drawer for homework	**22** ○ Write a letter	**23** ○ Phone-free bedtime hour	**24** ○ Try a new song on an instrument	**25** ○ Bake or make a snack
26 ○ Phone-free afternoon	**27** ○ Visit a park	**28** ○ Clean your camera roll	**29** ○ Plan a day out	**30** ○ Celebrate! You did it

For personal and classroom use.