

# 7-DAY RECONNECT CHALLENGE

DAY 1: EAT ONE MEAL TODAY WITHOUT ANY SCREENS NEARBY.

DAY 2: REPLACE 30 MINUTES OF SCROLLING WITH SOMETHING CREATIVE.

DAY 3: REACH OUT TO A FRIEND OR FAMILY MEMBER—OFFLINE.

DAY 4: TURN OFF ALL SCREENS 30 MINUTES BEFORE BED.

DAY 5: GO OUTSIDE FOR AT LEAST 20 MINUTES WITHOUT YOUR PHONE.

DAY 6: REFLECT: WHAT DO YOU NOTICE WHEN YOU'RE UNPLUGGED?

DAY 7: CHOOSE YOUR FAVORITE DAY FROM THE CHALLENGE AND REPEAT IT.