

# >> DIGITAL DETOX <<

S	M	T	W	T	F	S
			01	02	03	04
05	06	07	08	09	10	11
Turn off push notifications - Use something other than your phone as an alarm clock - Make a list of activities that make you happy and do one every day						
12	13	14	15	16	17	18
Avoid using our devices by 9 pm to make sure you sleep well - Read the news from a newspaper - Try to leave your phone at home while out for dinner						
19	20	21	22	23	24	25
Simply sit and observe when on the train/bus/metro - Write a postcard to a friend - Make your bedroom a tech-free zone						
26	27	28	29	30	31	
Resist the urge to look at your phone first thing in the morning - Try out a new recipe using only a cookbook - Turn off your phone for the entire day						
				WD = WORKOUT MT = ME-TIME DD = DIGITAL DETOX		MAY

