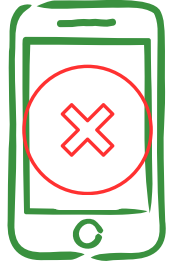


Unplug to Thrive Challenge

The “unplug from your phone to thrive” challenge lets you step away from screens to focus on real-life moments. By using this worksheet to stay on top of your unplug goal, you will feel more present, calm, refreshed, and try new things.



Name: _____

Date: _____

My Goal: _____

Things I'll Do Instead of Being on My Phone:

- _____
- _____
- _____
- _____
- _____

Prize for Meeting My Goal:

Total Hours Not on My Phone: _____