

Unplug... Electronic Detox

Name: _____ Start Date: _____

Social media and electronics in general can take over. If we're not careful we're more plugged into Facebook, Instagram, Snapchat, Video Games, Netflix Binges, or even just Excessive Phone Use than we are our families, friends and pets directly in front of us. This program is designed to have you pick one or several electronic platforms to detox from.

Step 1

Pick the Electronic Platform/Platforms you are detoxing from.

Facebook _____

Instagram _____

Snapchat _____

Streaming Binges/TV _____

At home computer use _____

Video Games _____

Home a no phone zone certain hours of the day _____

Step 2

Pick your commitment level. We ask that you give up your Electronic Platform/Platforms of choice at least three days a week. Describe below

Step 3

Report what you replaced it with and any positive changes in your life/family.

What did you do instead?

How did this effect your life/home/family?



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Log your electronic use related to the one/ones you've decided to detox from. Receive credit if you accomplish your goal and report what you did instead. Also report any positive changes/effects in your life, home or family.

Week: 1	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Did you accomplish your goal this week? ____
Evaluate Your Detox								
Week: 2	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Did you accomplish your goal this week? ____
Week: 3	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Did you accomplish your goal this week? ____
Week: 4	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Did you accomplish your goal this week? ____

