

# January - 31 Day Social Media Detox

"You don't have to post to prove it"



1 No Facebook until noon 	2 Turn off push notifications 	3 No social media until 	4 Call a friend today – don't just look at their social media	5 Spend 2 hours phone free with someone	6 Instagram free day! 
7 Meditate 20 minutes; phone free	8 Limit of 30 minutes social media today	9 No Twitter today 	10 No status updates today	11 1 hour of activity you have never done	12 Limit of 20 minutes social media today
13 No social media until 	14 First hour of today is phone free	15 Halfway! No social media all day 	16 No phone at meals all day	17 Laptop closed and off by 	18 Exercise phone free today
19 Limit of 15 minutes of social media today	20 Facebook OR Snapchat free day	21 No social media until 3 PM	22 No social media after 	23 30-minute social media limit	24 Zero social media today 
25 Read for 45 minutes today – NOT on social media	26 No social media until 4 PM	27 Instagram free day	28 Surprise a loved one – no phone night	29 Journal future goals after this challenge – no phone for an hour	30 No social media until 6 PM
31 Your choice – challenge yourself!	Give yourself 1 point for each day you complete the goal! Get up to 31 points.				

