



2nd Annual

Sayville
STRIDES



14 DAY DIGITAL DETOX CHALLENGE

<p>DAY 1</p> <p>Disable Push Notification on all devices</p>	<p>DAY 2</p> <p>Delete Unused Apps on Devices</p>	<p>DAY 3</p> <p>No Screens at Meal Times</p>	<p>DAY 4</p> <p>Put screens in a separate room at bedtime</p>	<p>DAY 5</p> <p>Establish a "shut down" time for all screens</p>
<p>DAY 6</p> <p>Family Challenge: Who can stay device free the longest today?</p>	<p>DAY 7</p> <p>Only 30 minutes of Social Media or Gaming</p>	<p>DAY 8</p> <p>No device before school</p>	<p>DAY 9</p> <p>No video games all day</p>	<p>DAY 10</p> <p>Memorize 3 phone numbers from your contacts</p>
<p>DAY 11</p> <p>No Twitter or Instagram all day</p>	<p>DAY 12</p> <p>No Snapchat or Tiktok all day</p>	<p>DAY 13</p> <p>No phone or device after 5pm</p>	<p>DAY 14</p> <p>No phone or device all day</p>	<p>Choice: Pick one that you want to try again</p>