

**April 2025**

# **MONTHLY WELLNESS CHALLENGE**

## **LIMIT SCREEN TIME**



### **Digital Detox Challenge: Unplug & Recharge!**

In a world where screens dominate our daily lives, the Digital Detox Challenge encourages you to take a step back and be more present in the moment. Each day, you'll earn points by choosing screen-free activities—whether it's reading a book, going for a walk, spending time with family, or trying a new hobby. Use the attached calendar to track your progress and see how much more you can experience when you unplug. This challenge isn't about giving up technology completely—it's about finding balance and making intentional choices that support your well-being. Are you ready to disconnect to reconnect? 🌱📵🌟

On the following pages, you'll find:

- Digital Detox Activity Ideas – Fun and meaningful ways to unplug from screens.
- Printable Monthly Calendar – Track your progress each day. If you're participating in the Yearly Wellness Incentive Program, you can use this as proof of completing the April 2025 Wellness Challenge.



At the end of the month, you'll receive a Wellness Email with a link to a Google Form. If you completed the Digital Detox Challenge, be sure to fill out the form to confirm your participation and be entered into a prize drawing! 🎉📵🌟



It takes 18-21 days to form a habit. Our monthly challenges are intended to get us started in creating good, healthy habits to better our everyday living.

# DIGITAL DETOX

Each day, earn a point every time you choose to do one of these activities instead of using your electronic device. Use the attached calendar to track your daily points and see how much screen-free fun you can have! 😊 📅 JUL 17

## GET ACTIVE 💪

- Go for a walk, run, or bike ride 🚴
- Try yoga or stretching 🧘
- Play a sport or outdoor game ⚽🏀
- Dance to your favorite music 💃
- Do a quick workout or bodyweight exercises 🏋️

## SOCIAL & FAMILY TIME 🏠

- Have a conversation with a friend or family member 🍷
- Play a board game or card game 🎲
- Write a letter or send a handwritten note 📧
- Volunteer or do a random act of kindness ❤️

## LEARN & EXPLORE 🌐

- Visit a local park, museum, or library 🏛️
- Try a new hobby or skill (knitting, origami, gardening) 🌱
- Listen to music or a podcast (without looking at a screen!) 🎧
- Organize or declutter a space in your home 🏠

## BE CREATIVE 🎨

- Draw, paint, or color something 🎨✍️
- Write in a journal or start a short story 📖
- Do a DIY or craft project ✂️
- Try a new recipe and cook or bake 🍪
- Play an instrument or sing 🎵

## RELAX & RECHARGE 😌

- Read a book or magazine 📖
- Meditate or practice deep breathing 🌿
- Take a nap or enjoy some quiet time 😴
- Do a puzzle or brain teaser 🧩
- Sit outside and enjoy nature 🌳

A little less screen time  
can lead to more  
creativity, connection, and  
relaxation—so challenge  
yourself and see what new  
activities you enjoy! 😊 📅 JUL 17



Month

Challenge

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

