

Digital Detox Challenge Commitment

Date: _____

Dear [Your Name],

I, [Your Name], am committing to participate in the Digital Detox Challenge from [start date] to [end date]. I understand the importance of disconnecting from digital devices and aim to engage in more meaningful activities during this period.

During this challenge, I pledge to:

- Limit my screen time to [specific time] each day.
- Engage in at least [specific number] outdoor activities each week.
- Read [specific number] books by the end of the challenge.
- Practice mindfulness through [specific activity] daily.
- Reflect on my experiences and share them with [friends/family/community].

By signing this letter, I commit to making a conscious effort to embrace this challenge and reconnect with myself and the world around me.

Signature: _____

Thank you,

[Your Name]