

Digital Detox Challenge Guidelines

Dear Participant,

Welcome to the Digital Detox Challenge! We are excited to have you join us on this journey to disconnect and rejuvenate.

Challenge Duration

The challenge will take place from **[start date]** to **[end date]**

Guidelines

1. Designate specific hours each day as 'tech-free' time.
2. Engage in alternative activities such as reading, exercising, or spending time with loved ones.
3. Avoid social media platforms during the entire challenge period.
4. Limit the use of digital devices to essential functions only.
5. Document your experiences and feelings throughout the challenge in a journal.

Tips for Success

- Communicate your challenge intentions with family and friends.
- Find a buddy to join along for accountability.
- Explore nature or hobbies that don't involve screen time.

Conclusion

Thank you for participating in the Digital Detox Challenge! We hope this experience will leave you feeling refreshed and connected to the world around you.

Best of luck!

Sincerely,

[Your Name]

[Your Organization]