

Digital Detox Toolkit - Tech-Free Quest Guide

No-Phone Hour Challenge

Pick one hour in your day (e.g., lunch or evening) to keep all screens away. Reflect how you feel afterward.

Mindful Breaks

Take 5-minute breaks every hour to breathe deeply or stretch. Stay completely offline during the breaks.

Offline Journaling

Write about your day or emotions in a physical journal instead of a notes app.

Screen Time Tracker

Note your daily screen time manually or using a tracker. Aim to reduce it by 15 minutes each day.

Tech-Free Weekend Quest

Spend half or full day without gadgets. Plan a nature walk, cook, or do something offline with family.