My non-electronic days were March 18 and March 19. Because I had three exams in that week, I planned to use the time I saved to prepare for my exam.

I usually play with my phone when I am having meals and after school to have some relax. I cut those time and use it to preview and review my slides.

For the first day, I reviewed my astronomy slides while eating breakfast. I then reviewed for my POM exam, redid a few homework and back tests. I then went to the class, and when I came back, I did a Physics back test. I studied until 9:30 for my first day. I then took a shower and slept.

For the second day, I checked my email while having breakfast. I then reviewed a chapter of psychology and went to school. After school, I again did a Physics back test. I felt like I was prepared for my physics test tomorrow.

It did save me some time by not using electronic devices, but maybe because originally I am not a person who uses phone a lot. The saved time is not very significant.

Did save not a lot