

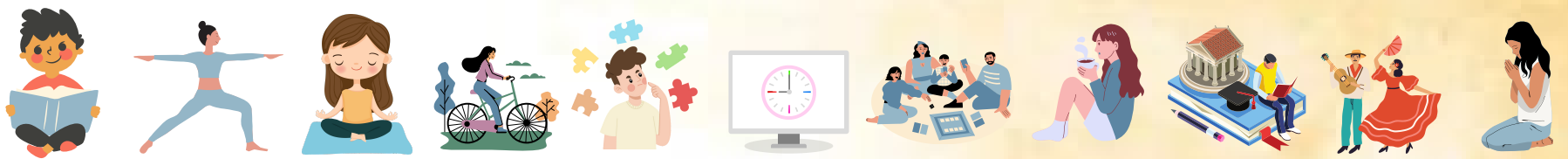
Anuvrat Vishva Bharati
presents

Anuvrat Digital Detox

ADD Value to Life!

ADD Self Tracker

Track your time away from screens with our ADD Self Tracker
Follow our tips and complete tasks to reduce your screen time.
Appreciate yourself if you achieve a screen time of only 2 hours.
Its a 45 day challenge! Let's see who wins!

[illegible]



Day	Book Reading	Exercise	Meditation	Outdoor Activities	Brainstorming	Screen Time	Family Time	Me Time	Academics	Passion	Spiritual Activities
21											
22											
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Fill in each box with number of hours you do each activity

Inspiration: Anuvrat Anushasta Acharya Shri Mahashramanji
Supported by :



scan to connect