

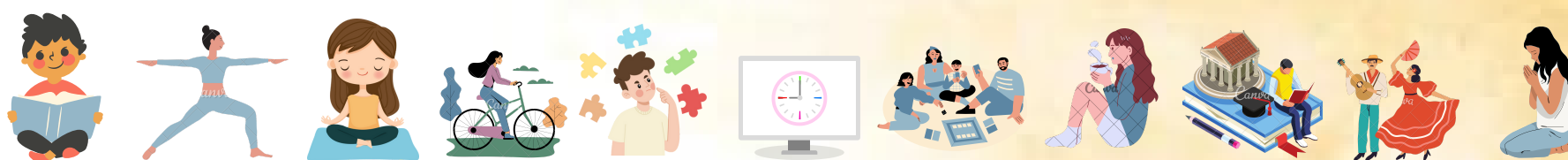
Anuvrat Vishva Bharati  
presents

# 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.  
It's 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											
23											
24											
25											
26											
27											
28											
29											
30											
31											
32											
33											
34											
35											
36											
37											
38											
39											
40											
41											
42											
43											
44											
45											

Fill in each box with number of hours you do each activity

Inspiration: Anuvrat Anushasta Acharya Shri Mahashramanji  
Prasarak - Anuvrat Samiti, Mumbai



scan to connect