

My Weekly Digital Balance Tracker

A gentle check-in for a more mindful digital life.

Week of:

● My intentions for the week:

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<u>Habits</u>	<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thur</u>	<u>Fri</u>	<u>Sat</u>	<u>Sun</u>
No phone 1 st hr after waking							
Screen time under __ hrs							
Offline movement (walk/stretc h)							
Mondful Scrolling							

● What i noticed about my tech use this week:

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