

30 DAY FAMILY DIGITAL DETOX Challenge

			1 LOG THE HOURS	2 BUCKET LIST	3 PLUG IN TOGETHER	4 TURN OFF WIFI
5 LET GO OF APPS	6 TURN OFF NOTIFICATIONS	7 PHONE-FREE DAY 	8 SCIENCE OF SCREENS	9 BRAIN HACKS	10 VINTAGE DEVICES 	11 ONLINE SAFETY TALK
12 IRL FRIENDSHIP	13 LIBRARY HAUL 	14 PARENTAL CONTROLS	15 VISUAL INSPIRATION	16 AUDIO EXPLORATION	17 INTERVIEW AN ELDER	18 ADDRESS FOMO
19 MEDIA REVIEW	20 HOLD A CONTEST	21 TURN OFF AUTO-PLAY	22 PHONE HIDING SPOT	23 AD EXERCISE	24 START A BULLETIN BOARD	25 PASSWORD UPDATE
26 RECYCLE OLD DEVICES	27 CODE OF CONDUCT	28 SET LIMITS 	29 UNFOLLOW ACCOUNTS	30 BOARD GAME NIGHT 		