

Hillseeker Digital Detox Challenge: May 2019

Activity	Point Value	Points Earned	Notes & Observations
Delete a social media app (that you use daily) from your phone for one week	10		
Delete a social media app (that you use daily) from your phone for two weeks	25		
Delete a social media app (that you use daily) from your phone for the entire month	60		
Go digital info-free for 24 hours (no emails, no checking social media, no reading news sites)	5		
Go digital info-free for 12 non-sleeping hours (no emails, no checking social media, no reading news sites)	2		
Go digital info-free for 6 non-sleeping hours (no emails, no checking social media, no reading news sites)	1		
Sleep a night in the outdoors	15		
Go on a run, walk, hike without your phone if normally have it	2		
Read at least 30 pages of something in print (book, magazine, etc.)	5		
Cook with a recipe on paper, a family or friend's recipe if possible	3		
Write a letter or post card by hand	2		
Play a musical instrument 15min a day for a total of 4 days in the month or watch live music for a total of 1 hour during the month	5		
Sit outside and listen to nature sounds for at least 15min	2		
Catch up with a friend while doing something active instead of via text	2		
Eat a meal without your phone nearby	1		
Keep your phone out of your bedroom for one week. Replace it with an old school alarm clock.	10		
Get a friend or family member to join the Digital Detox challenge with you	5		
Go to a concert, play, festival, or exhibition. Don't wait to plan -- find one and book tickets today.	5		
Have a meal with friends or family where you phone stack and no one touches phones until the meal is over.	5		
Spend 10min of your waiting time (commuting, appointment waiting room, etc.) observing people and your surroundings instead of buried in the phone	5		
For one week, give yourself a social media and news window of max 3x a day for less than 10min each time. Stick to that.	5		
Custom Item 1 (write-in)	5-10		
Custom Item 2 (write-in)	5-10		
TOTAL POINTS			