

PICK YOUR CHALLENGE: 7 · 14 · 30 DAYS

# The Phone-Free Challenge Tracker

This isn't about abandoning your phone — it's about keeping one window of every day genuinely yours. Choose a daily phone-free window (an evening, a morning hour, a long lunch), choose a challenge length, and mark each day you kept the window clear.

MY COMMITMENT

CHALLENGE LENGTH (CIRCLE ONE) WHERE THE PHONE GOES DURING THE WINDOW

7 days · 14 days · 30 days \_\_\_\_\_

MY DAILY PHONE-FREE WINDOW WHAT I'LL REACH FOR INSTEAD

\_\_\_\_\_ \_\_\_\_\_

## The 7-Day Challenge

DAY	WINDOW KEPT?	WHAT I DID INSTEAD	ONE WORD FOR THE DAY
1			
2			
3			
4			
5			
6			
7			

*Doing the 7-day challenge only? Stop here — pages 2 and 3 are waiting whenever you want to go longer.*

# The 14-Day Challenge

Two weeks is where the window stops feeling like a rule and starts feeling like a room.  
Keep the entries short — a phrase is plenty.

DAY	WINDOW KEPT?	WHAT I DID INSTEAD	ONE WORD FOR THE DAY
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			

HALFWAY REFLECTION – AFTER DAY 7

*What has the window given back so far?*

---

---

# The 30-Day Challenge

A month of kept windows. Fill a circle for each day your phone-free time stayed phone-free — and read the note at the bottom before you start.

01	02	03	04	05	06	07	08	09	10
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11	12	13	14	15	16	17	18	19	20
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21	22	23	24	25	26	27	28	29	30
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

MILESTONE — AFTER DAY 7: THE HARDEST MOMENT SO FAR, AND HOW I GOT THROUGH IT

---

---

MILESTONE — AFTER DAY 14: WHAT FILLS THE WINDOW NOW, WITHOUT ME FORCING IT

---

---

DAY 30: IS THIS WINDOW STAYING IN MY LIFE? IN WHAT FORM?

---

---

IF YOU MISS A DAY

Leave the circle empty and keep going. An empty circle is information, not failure — twenty-six kept windows out of thirty is a changed life, not a broken streak.