

MONDAY, MARCH 11 - SUNDAY, MARCH 17

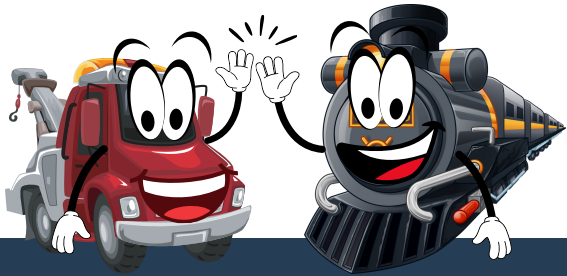
NO SOCIAL MEDIA WEEK

# UNPLUG



## THE CHALLENGE

FOMO (fear of missing out) is very real in today's always-on world. Constantly checking the next email, social media status and news headline can leave us feeling more stressed than ever. Disconnecting is an excellent way to recharge. It's time to "UNPLUG" for one week! Can we do it? Get the family involved in this challenge avoiding all forms of social media for one full week!



**SUBMIT YOUR COMPLETED CHALLENGE HERE**



**DEADLINE TO SUBMIT IS SUNDAY, MARCH 24!**

## TRACK YOUR PROGRESS



M	T	W	TH	F	S	S

## REFLECTIONS

How did the week go? Was this challenge difficult for you (and your family)? How often were you tempted to check your social media accounts? Care to share how you held yourself accountable? **Use this space to reflect on the week.**



## REWARD YOURSELF!

**Great job!** Moving forward, challenge yourself to reset the control panel with a healthy balance of social media. In the meantime, reward yourself for the successes you had this week. Treat yourself to a massage, a dinner out, pizza night with the family, etc. You choose!