



RECLAIM YOUR NIGHT

This sheet guides you to regain control over your phone usage at night.

- 1** Set a screen time limit for your phone.
- 2** Switch your phone to grayscale mode before bed.
- 3** Identify one key task to complete before checking your phone.
- 4** Reflect on how you feel in the morning after following these steps.

MAKE IT YOURS

My one move this week: _____

When and where, exactly: _____

My witness (one person I told): _____

I showed up:



MON

TUE

WED

THU



FRI

SAT

SUN

What I noticed this week:

Control your screen time, reclaim your night.