

# The 7-Day Family Digital Reset Challenge

*A gentle reset to help your family restart their digital habits together.*

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## 🎯 7-DAY FAMILY DIGITAL RESET

(Each day has one task, one activity, and one reflection.)

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### DAY 1 — The Awareness Day

**Focus:** Notice your habits

**Activity:** Track screen time

**Family Talk:** “Which apps take most of our time?”

**Scripture (Optional):** *Teach us to number our days...* (Ps. 90:12)

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### DAY 2 — The Bedroom Reset

**Focus:** Remove devices from bedrooms

**Activity:** Create a family charging station

**Family Talk:** “How does it feel to sleep without screens nearby?”

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### DAY 3 — The Meal-Time Reset

**Focus:** Device-free meals

**Activity:** Dinner conversation cards

**Family Talk:** “What was the best part of your day?”

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### DAY 4 — The Morning Reset

**Focus:** No screens for first hour

**Activity:** Stretching, reading, quiet time

**Family Talk:** “How did your morning feel today?”

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## DAY 5 — The Connection Reset

**Focus:** Do one family activity offline

**Activity Ideas:** Walk, cooking, board game

**Family Talk:** “What did we enjoy the most?”

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## DAY 6 — The Content Reset

**Focus:** Clean your digital world

**Steps:**

- Delete distracting apps
- Unfollow toxic accounts
- Rearrange home screen

**Family Talk:** “What kind of content helps us grow?”

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## DAY 7 — The Celebration Day

**Focus:** Gratitude for progress

**Activity:** Family movie or picnic

**Family Talk:** “Which habits should we keep permanently?”