

# 7 DAY SMARTPHONE CHALLENGE

Starting Date: \_\_\_\_\_

Modification Date: \_\_\_\_\_



## PHONE RULES AGREEMENT

### BE PRESENT

1. To God: Connect with God in the morning before you connect with anyone or any data electronically.
2. To Others: Engage people around you. Look at people when you are talking to them or when they are talking to you. No “typing” or “scrolling” during the exchange.
3. To Family & Friends: No phones/tablets at meals (home, restaurants, school, & work).
4. To the moment:
  - No phone during time killing (store check out line, waiting room, pick up line, red lights...)
  - All phones off at \_\_\_\_\_ pm.
  - No background noise (home work; cooking; reading)
5. No Texting while driving.

### Pick 3 - DEDUCTIONS:

- No Screen Night \_\_\_\_\_ ; beginning at \_\_\_\_\_ pm.
- No texting Family day - Call only \_\_\_\_\_ (pick a day).
- No selfies.
- No social media 2 days: \_\_\_\_\_ & \_\_\_\_\_ (pick two days).
- Use a paper Bible this week (no “Bible App”).
- Social Media: No Rants, Criticism, or Sarcasm
- Limit daily game/browsing time to \_\_\_\_\_ per setting or per day
- \_\_\_\_\_

### Pick 3 - ADD ONS:

- Play a card game with a family member or friend (real cards)
- Make cookies with a family member for a neighbor
- Read the “Sermon on the Mount” (½ chapter a day - beginning in Matthew 5)
- Keep a messaging & social media log
- Send one encouraging & kind message to each immediate family member per day during the 7 Day Challenge.
- Eat dark chocolate or go for a short when itching to play “Flappy Bird”.
- \_\_\_\_\_

Terms of challenge are agreed upon by: