



# The Digital Fast

## THE \_\_\_\_\_ FAMILY'S 28-DAY SCREEN FREE CHALLENGE



Choose an activity sticker to complete each day, use the Aro app to measure your time away from phones & devices, and above all, have fun with The Digital Fast!

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28		