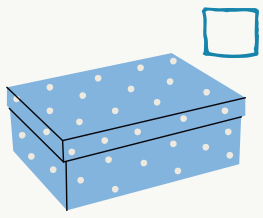
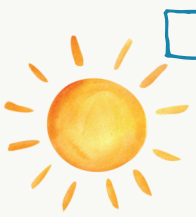
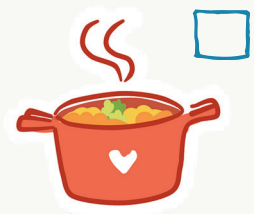
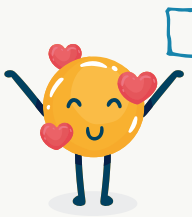
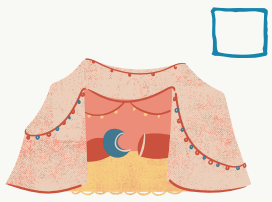
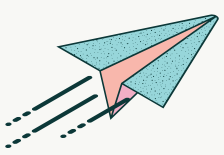
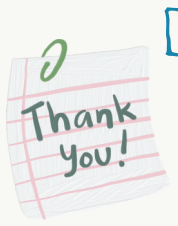
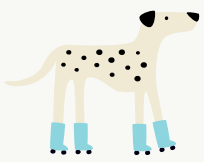
The Digital Fast

THE _____ FAMILY'S 28-DAY SCREEN FREE CHALLENGE

Choose a square 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!

 Decorate a box for your devices	Enjoy a special sweet treat	Snuggle up & read	Share highs & lows at family dinner	Family movie night
 24 hours screen-free	Plant a flower or tree	 Cook something special together	Visit the library & pick out a book	Family nature walk
 Random act of kindness	 Build a blanket fort	Family dance party!	Make a gratitude jar	Stargaze & talk about creation
Bake & deliver treats	Family picnic	Treasure hunt!	Family game night	Serve your community
 Make & race paper airplanes	 Write a thank you note	Work on a family puzzle	Draw out your favorite Bible verse	Have a family candle-lit dinner
 Family fun night!	Reflect as a family on the challenge	Celebrate with a special screen-free event!	Bonus! Kid's choice!	Bonus! Kid's choice!