

# 7 - DAY

## MEDIA DETOX CHALLENGE

<p>DAY ONE</p> <p>Unsubscribe &amp; unfollow</p>	<p>DAY TWO</p> <p>Media-free until 9am</p>
<p>DAY THREE</p> <p>Media-free until after lunch</p>	<p>DAY FOUR</p> <p>Media-free after dinner</p>
<p>DAY FIVE</p> <p>Read/watch only 3 things</p>	<p>DAY SIX</p> <p>Have only one tab open all day</p>
<p>DAY SEVEN</p> <p>Media-free day!</p>	