MOBILE FREE MONDAYS

EVERY MONDAY · ANYWHERE · FREE



Put your phone down. Pick your Monday up.

Mobile Free Mondays is a weekly invitation to give your phone the whole day off, making room for conversation, creativity, learning, and whatever else strikes your fancy.

For anyone who's picked up their phone to check the time only to resurface forty minutes later, it's a chance to choose what gets your attention. Make a personal commitment to try it, let your pals know, and give being untethered a go. On Mondays, we ditch the phones.

Aim for the whole day, or start with a few hours. Keep what you need for work, travel, health, accessibility, and essential contact. The pledge is a personal commitment to try. No donation or proof required.

Scan to make the pledge and find practical tips.

mobilefreemondays.com · #MobileFreeMondays

A campaign by The Dead Good Club.

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