MOBILE FREE MONDAYS

MY PLEDGE

I'm making the pledge to make Mondays a phone-free day.

A personal commitment to try.

MY FIRST MONDAY ____ / ____ / ____
DAY MONTH YEAR

WHERE MY PHONE WILL SPEND MONDAY

e.g. a drawer, another room, or the bedroom

WHO I'LL TELL OR INVITE

HOW PEOPLE CAN REACH ME URGENTLY

SIGNED

Adapt around any essential phone use. If a whole day isn't possible, a few hours still counts.

SCAN TO MAKE THE PLEDGE AND FIND PRACTICAL TIPS

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