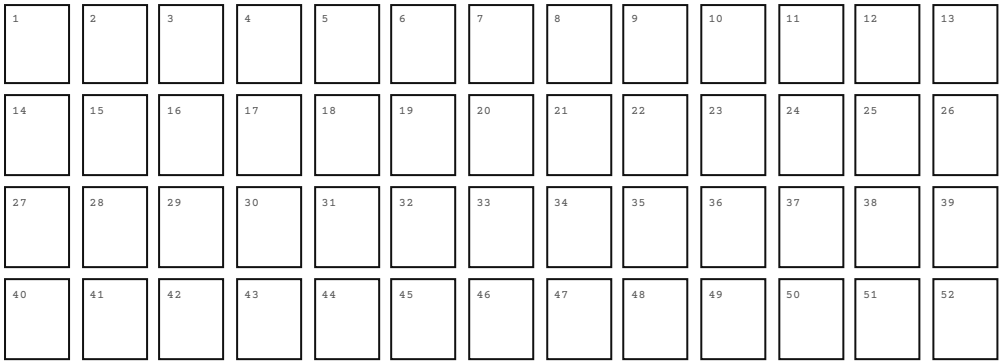
PUNCH CARD

MOBILE FREE MONDAYS

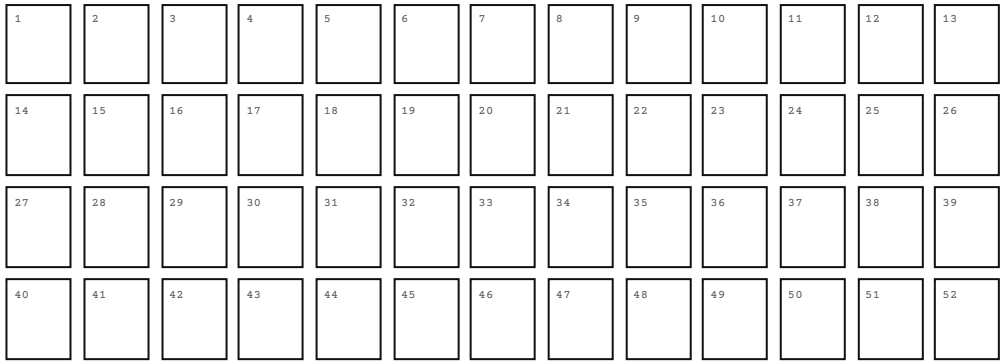


Mark off each day you've gone mobile-free. Use smiley faces, stars, or a grade to show how easy or hard you found the day, or simply tick it off. Even a few less hours scrolling counts. Missed a Monday? No worries, there's another one next week.

#MobileFreeMondays

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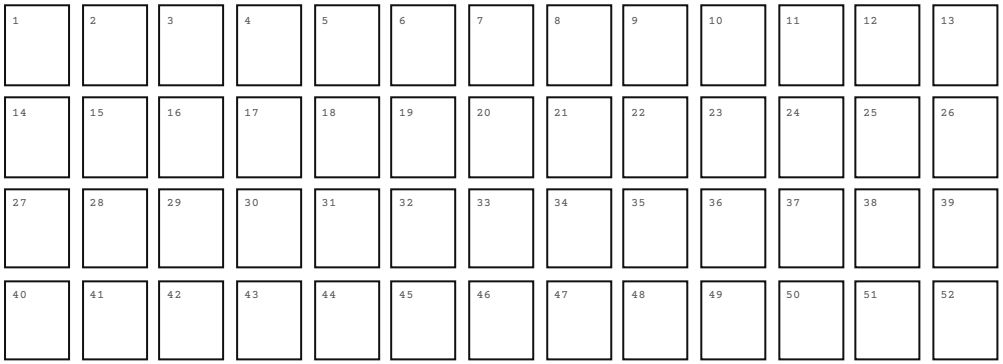


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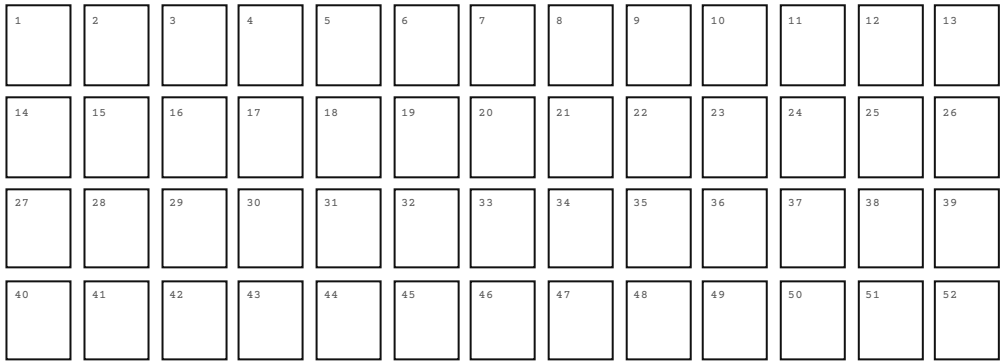


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