PUNCH CARD

MOBILE FREE MONDAYS

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26
27	28	29	30	31	32	33	34	35	36	37	38	39
40	41	42	43	44	45	46	47	48	49	50	51	52

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