



## MY GOAL

# UNPLUG EVERY NIGHT

A challenge to unplug and focus on people instead of your screen.

**SUGGESTED GOAL PAIRINGS:** Love Languages - Zip It Challenge

**PROGRESS:** For each night you successfully unplug and focus on your family, color in a box.

A graphic of a calendar for the 'Unplugged Challenge'. It has a pink header with two punch holes and the title 'UNPLUGGED CHALLENGE' in white. The calendar grid is on a grey background with white boxes for each day, containing numbers 1 through 30 in pink. The days are arranged in a 5x7 grid, with the last row containing only 29 and 30.

UNPLUGGED CHALLENGE						
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					