The Checklist

USAGE RECORDED!

I have taken a screenshot of my usage statistics and updated key information

MY MAIN TRIGGER IS

I will replace it with

I MOVED AN APP

What app did you move?

I MADE A "TECH- FREE" ZONE

Where or when is your techfree zone?

NOTIFICATIONS DI SABLED

I have di sabled notifications from . . .

I TRAINED MY ALGORITHM

One thing I did to train the algorithm is . . .

I'VE SET A GOAL

My goal i s . . .

I WENT "OLD SCHOOL"!

What did you do the "old school" way?

I SETUP A REMINDER

I installed an app or setup some controls to help remind me of my goal.

USAGE COMPARED!!

I have taken a screenshot of my usage statistics and updated key information