

Weekend Digital Detox Checklist

Embrace nature, unplug, and boost your mental clarity

Pre-Detox Preparation

Prepare yourself mentally and physically to unplug and reconnect with nature.

- ☐ Inform family/friends of your offline weekend plans
- ☐ Set auto-reply on your phone for messages
- ☐ Charge devices and then switch them off or airplane mode
- ☐ Print/download this checklist

Friday Night

- ☐ Turn off phone and set auto-reply
- ☐ Prepare a relaxing herbal tea or drink
- ☐ Set a calm intention for your detox weekend

Saturday

- ☐ Silent morning walk (20-60 minutes) without phone or music
- ☐ Observe and journal your surroundings during the walk
- ☐ Spend time grounding: barefoot on grass or soil
- ☐ Enjoy your meals without screens
- ☐ Avoid all non-essential screen use
- ☐ Try a 10-minute barefoot walking meditation or quiet sitting

Sunday

- ☐ Spend time in garden, balcony, or park without devices
- ☐ Read a physical book or journal offline thoughts
- ☐ Cook and eat nourishing meals mindfully
- ☐ Perform an offline sunset ritual (gratitude journaling, breathwork, or reflection)

Lite Version: Quick Detox

If short on time, try these micro-moments anytime during your day:

- ☐ Look out a window and watch trees or sky for 5 minutes
- ☐ Listen to birdsong or nature sounds with eyes closed

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- ☐ Sit by a plant with a warm drink and focus on breathing

Reintroducing Digital Life

- ☐ Delay checking notifications for 1-2 hours Monday morning
- ☐ Use grayscale mode on your phone to reduce screen stimulation
- ☐ Set device time limits with apps like Moment or Digital Wellbeing
- ☐ Use analog tools like paper planners, physical books, or maps