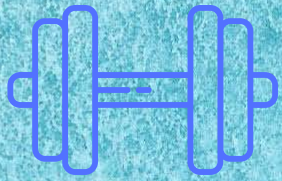


T-FIT DIGITAL WELLNESS CHALLENGE



Wellness Activities



- Go on a walk
- Try a new recipe
- Journal
- Meet up with a friend
- Meditate
- Yoga
- Go to farmer's market
- Play your favorite sport
- Gardening
- Study a new hobby/skill
- Explore a new hike
- Go on a bike ride
- Paint, draw, or write
- Have a picnic
- Go to the gym
- Walk/play with your pets
- Go camping
- Read a book

10 Tips to Reduce Screen Time

1. Eat meals without a screen
2. Put your phone out of sight at work
3. Turn screens off at least 1 hr before bed
4. Set a phone timer
5. Charge your phone on other side of bedroom
6. Call instead of text
7. Use an app to track phone usage
8. No movies or TV while in bed
9. Put a blanket over the TV
10. Delete social media apps



**Usage Tracking Apps:
QualityTime, Social Fever, SPACE,
AppUsage, App Detox, Offtime**