

30-Day Screen-Time Reset Planner

A practical month-long worksheet for reducing unnecessary screen use without trying to eliminate useful technology.

Start with a baseline

Use your device's built-in screen-time report for three normal days before changing anything. Record the total, the three apps or activities that consume the most time, and the situations in which you use them.

Date	Total screen time	Top app/activity	When did I use it automatically?

Choose a realistic target

- [Reduce one high-frictionless app before changing the whole phone]
- [Pick one daily protected period such as breakfast, study time, dinner, or the last hour before bed]
- [Choose a reduction target you can measure in minutes, not a vague goal like “use my phone less”]
- [Keep essential communication, navigation, banking, accessibility, and work tools available]

Week 1 - Notice the pattern

Day	Trigger I noticed	What I did instead	Minutes changed
1			
2			
3			
4			
5			
6			
7			

Week 2 - Add friction

- [Move the most distracting app off the first Home Screen]
- [Turn off non-essential badges and notifications]
- [Use a timer, Focus mode, or an app blocker during one predictable problem window]
- [Create one physical phone parking place]

Week 3 - Strengthen replacements

Situation	Old default	Replacement I will try	Make replacement easier by...
Bored while waiting			
Work/study break			
Evening on sofa			
In bed			

Week 4 - Make the system sustainable

- [Keep only the restrictions that solve a real problem]
- [Remove a rule that creates hassle without changing behavior]
- [Choose a weekly screen-time review day]
- [Write down the first sign that old automatic use is returning]

30-day review

Measure	Start	Day 30	What changed?
Daily screen time			
Most-used distracting app			
Phone checks/unlocks if available			
Protected phone-free period			

Next-month rule

Write one sentence that describes the smallest system you want to keep. Example: “My phone charges outside the bedroom and social apps stay blocked until 10 a.m.”

For personal planning and reflection. This worksheet is not medical, mental-health, or financial advice.