

FOR THE PEOPLE.



5-DAY RESET & REWIRE CHALLENGE!

POWER
UP



For parents & kids to learn to crush overstimulation, rebalance your screen powers, and flip FOMO into mindful moments that really matter.

1

COUNT YOUR PHONE PICKUPS.



Track
how many times
you reach for your phone in a
single day.

End the day by talking as a
family; When did I reach for
my phone without even
thinking?

2

MAKE ONE ROOM TECH-FREE!



Replace phone time with
a short activity.
Conversation, journaling,
or a board game.



3

NO SCREENS FOR 30 MINS AFTER WAKING UP!



Stretch, pray,
meditate, or eat
breakfast together.

4

ONE THING AT A TIME, NO MULTITASKING!



Train your brain to
focus instead of
being pulled in
multiple directions.

5

PICK AN OFFLINE ACTIVITY



Strengthen real-life
social connections and
oxytocin
(the "bonding hormone")

"Break the habit! Reduce device pickups and keep screen time under 2 hours a day — your brain will thank you!"