

sloca tech challenge contract

Healthy struggle is the engine to growth and maturity. We can do hard things—especially together.

Each family member may fill out their own form, or you may choose to fill it out as a family.

As the SLOCA community practices tech mindfulness together, I/we, _____, pledge to follow the conditions chosen below from February 5th - 11, 2023.

- I/we will remove social media apps from my/our devices for one week (and not visit them in any way, such as on the computer).
- I/we will not use devices from _____ to _____ am/pm.
- I/we will reduce screen time by _____ % this week.
- I/we will only use my/our phone(s) to make phone calls.
- I/we will not watch TV or online videos.
- Other: _____

After the tech fast, share your experience and stories with downhome@sloclassical.org.