

30-Day Digital Minimalism Tracker

Use this tracker to follow your 30-day digital minimalism challenge. Each week focuses on a different theme: Awareness, Reduce, Replace, and Rebuild. Check off tasks daily and add notes for reflection.

Week 1 – Awareness

Day	Task	Done	Notes
1	Day 1: Enable screen-time analytics	[]	
2	Day 2: Journal feelings after device use	[]	
3	Day 3: Notification inventory	[]	
4	Day 4: Interruptions map	[]	
5	Day 5: Identify friction sources	[]	
6	Day 6: Log habit triggers	[]	
7	Day 7: Review insights	[]	

Week 2 – Reduce

Day	Task	Done	Notes
1	Day 8: Delete unused apps	[]	
2	Day 9: Remove duplicate apps	[]	
3	Day 10: Install one balance tool	[]	
4	Day 11: Turn off non-essential notifications	[]	
5	Day 12: Enable digest summaries	[]	
6	Day 13: Batch email checks	[]	
7	Day 14: Prune social feeds	[]	

Week 3 – Replace

Day	Task	Done	Notes
1	Day 15: Add mindful moments	[]	
2	Day 16: Practice breathing exercises	[]	
3	Day 17: Guided meditation	[]	

4	Day 18: Design deep work block	[]	
5	Day 19: Use Pomodoro or time blocking	[]	
6	Day 20: Protect focus time	[]	
7	Day 21: Evening wind-down	[]	

Week 4 – Rebuild

Day	Task	Done	Notes
1	Day 22: Weekly review	[]	
2	Day 23: Adjust notification settings	[]	
3	Day 24: Re-declutter apps	[]	
4	Day 25: Organize home screen	[]	
5	Day 26: Ritualize boundaries	[]	
6	Day 27: Device parking during meals	[]	
7	Day 28–30: Quiet mode reset if needed	[]	