

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	<input type="checkbox"/>	
2	Day 2: Journal feelings after device use	<input type="checkbox"/>	
3	Day 3: Notification inventory	<input type="checkbox"/>	
4	Day 4: Interruptions map	<input type="checkbox"/>	
5	Day 5: Identify friction sources	<input type="checkbox"/>	
6	Day 6: Log habit triggers	<input type="checkbox"/>	
7	Day 7: Review insights	<input type="checkbox"/>	

Week 2 – Reduce

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

Week 3 – Replace

Day	Task	Done	Notes
1	Day 15: Add mindful moments	<input type="checkbox"/>	
2	Day 16: Practice breathing exercises	<input type="checkbox"/>	
3	Day 17: Guided meditation	<input type="checkbox"/>	

4	Day 18: Design deep work block	<input type="checkbox"/>	
5	Day 19: Use Pomodoro or time blocking	<input type="checkbox"/>	
6	Day 20: Protect focus time	<input type="checkbox"/>	
7	Day 21: Evening wind-down	<input type="checkbox"/>	

Week 4 – Rebuild

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