

# 14-Day AI Detox Checklist

Use this checklist to stay on track with your AI detox plan. Tick off each day and add notes as you go.

Day & Task	Notes
Day 1–2: Notice patterns (track AI usage)	
Day 3: Set Assist Blocks (morning, midday, end-of-day)	
Day 4: Print your Prompt Gate questions	
Day 5–6: Build an Intent Board for one big task	
Day 7: Apply the 3×3 Outcome Rule	
Day 8–9: Clean channels (mute, archive)	
Day 10: Tidy your digital workspace	
Day 11–12: Add a human review checklist	
Day 13: Reflect on energy and clarity	
Day 14: Keep 3 habits forever	