14-day intentional phone use tracker

14-day intentional phone use tracker turns a broad intention into a sequence of actions you can record on paper. The 14 steps begin with observation, move into a small practical experiment, test an everyday constraint and finish with a review. Use the notes to choose your next action from evidence rather than a perfect streak. This two-week program builds a sequence, then tests it under different everyday constraints.

My goal:

Day 1 ◯	Day 2 ◯	Day 3 ◯	Day 4 ◯	Day 5 ◯
Day 6 ◯	Day 7 ◯	Day 8 ◯	Day 9 ◯	Day 10 ◯
Day 11 ◯	Day 12 ◯	Day 13 ◯	Day 14 ◯	

Mark completed days; after a missed day, continue with the current task.



Template page

Daily tasks and notes

▫ Day 1

Name a task for which your phone is actually useful. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to name a task for which your phone is actually useful, and which condition helped?

▫ Day 2

Remove one unnecessary icon from the home screen. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to remove one unnecessary icon from the home screen, and which condition helped?

▫ Day 3

Disable alerts from one nonessential app. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to disable alerts from one nonessential app, and which condition helped?

▫ Day 4

Choose where the phone stays during a specific task. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to choose where the phone stays during a specific task, and which condition helped?

▫ Day 5

Write a purpose before opening a feed. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to write a purpose before opening a feed, and which condition helped?

▫ Day 6

Keep a reliable channel for genuinely urgent messages. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to keep a reliable channel for genuinely urgent messages, and which condition helped?

Daily tasks and notes

▫ Day 7

Choose a brief slot for ordinary notification checks. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to choose a brief slot for ordinary notification checks, and which condition helped?

▫ Day 8

Read an article without entering its recommended feed. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to read an article without entering its recommended feed, and which condition helped?

▫ Day 9

Replace one screen check with a small household action. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to replace one screen check with a small household action, and which condition helped?

▫ Day 10

Separate work and entertainment apps on your screen. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to separate work and entertainment apps on your screen, and which condition helped?

▫ Day 11

Test the settings on a weekend with a different schedule. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to test the settings on a weekend with a different schedule, and which condition helped?

▫ Day 12

Plan easy access to travel maps and tickets. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to plan easy access to travel maps and tickets, and which condition helped?

Daily tasks and notes

▫ Day 13

Agree a convenient urgent contact method with someone close. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to agree a convenient urgent contact method with someone close, and which condition helped?

▫ Day 14

Keep three settings that support your chosen purpose. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to keep three settings that support your chosen purpose, and which condition helped?

Reflection and next step

How to use

1. Choose one personal goal for intentional phone use before you print. Describe an action you want to notice in everyday life, rather than an ambitious outcome you cannot check directly.
2. Keep the overview and task pages together somewhere you will see them. Read the next task in advance and reserve a realistic time slot, including a smaller backup slot for a busy day.
3. Mark the day after you try its action. Answer the note question in one concrete sentence: what you did, what happened, or which obstacle deserves another experiment.
4. After a missed day, keep your completed marks. Resume at the next unfinished task and change one practical condition that got in your way, such as timing, materials or the size of the action.

Which actions helped? What will I simplify next time? Which small step will I take tomorrow?

Keep practising

If you want more structured practice after intentional phone use, explore the available Sprintcourse mini-courses and choose a relevant direction. There is no dedicated course for this particular program yet. You can complete the tracker on its own without an account or subscription.

https://sprintcourse.com/en/templates/challenge-trackers/14-day-digital-detox/