7-day intentional phone use tracker

7-day intentional phone use tracker turns a broad intention into a sequence of actions you can record on paper. The 7 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 one-week program is an observation sprint: find a workable first action.

My goal:

Day 1 ◯	Day 2 ◯	Day 3 ◯	Day 4 ◯	Day 5 ◯
Day 6 ◯	Day 7 ◯			

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

Template page

Daily tasks and notes

▫ Day 1

Notice situations where you reach for your phone automatically. Make a short record of the specific observation so your next experiment has a useful point of comparison.

What happened when you tried to notice situations where you reach for your phone automatically, and which condition helped?

▫ Day 2

Choose a nonessential alert you can turn off. Make a short record of the specific observation so your next experiment has a useful point of comparison.

What happened when you tried to choose a nonessential alert you can turn off, and which condition helped?

▫ Day 3

Find a convenient phone location during a meal. Make a short record of the specific observation so your next experiment has a useful point of comparison.

What happened when you tried to find a convenient phone location during a meal, and which condition helped?

▫ Day 4

Identify a genuinely useful recently opened app. Make a short record of the specific observation so your next experiment has a useful point of comparison.

What happened when you tried to identify a genuinely useful recently opened app, and which condition helped?

▫ Day 5

Choose an alternative to one aimless screen check. Make a short record of the specific observation so your next experiment has a useful point of comparison.

What happened when you tried to choose an alternative to one aimless screen check, and which condition helped?

▫ Day 6

Try a short window without a phone on your desk. Make a short record of the specific observation so your next experiment has a useful point of comparison.

What happened when you tried to try a short window without a phone on your desk, and which condition helped?

Daily tasks and notes

▫ Day 7

Keep one setting that made your day easier. Make a short record of the specific observation so your next experiment has a useful point of comparison.

What happened when you tried to keep one setting that made your day easier, 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/7-day-digital-detox/