



Personal Digital Wellness Plan

Section 1: Digital Habits Self-Assessment

- Daily Screen Time:
- Average hours spent online: _____
- Primary activities (e.g., social media, gaming, studying): _____
- Challenges:
 1. _____
 2. _____
 3. _____

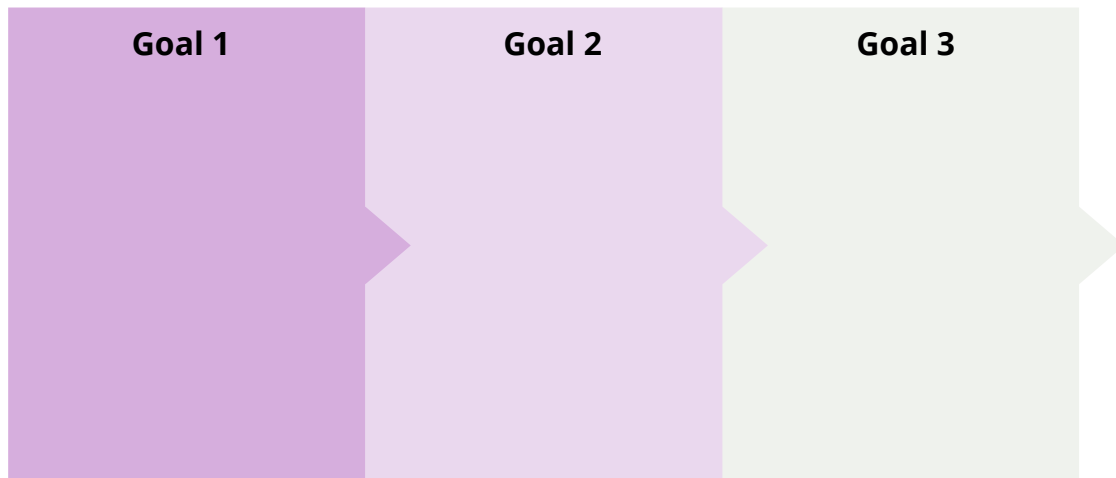
Section 2: Goal Setting

Goal 1: _____

Goal 2: _____

Goal 3: _____

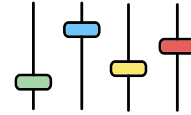
Section 3: Actionable Steps





Personal Digital Wellness Plan

Section 4: Accountability and Tracking



HOW I WILL TRACK MY PROGRESS

Tool or method

- App
- Journal
- Checklist
-
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WHO WILL SUPPORT ME

Accountability buddy

Role of family or peers

Section 5: Reflection

One Thing I Will Start Doing: _____

One Thing I Will Stop Doing: _____

Section 6: Motivation

Write a short statement about why digital wellness is important to you:

