LYNZY & CO.
MOTHERHOOD & MEDICINE

30 DAYS SCREEN FREE *Challenge*

SCREEN TIME REPLACEMENT

List a few new hobbies you would like to start or things that you want to do to replace your screen time this month.

Hobbies can include things like starting a garden, learning to sew, watercolor painting, learning how to do something around the house, learning how to paddle board, etc. You can also write down things that increase your sociality. Join a new gym, find a new group at the library to bring your child to, meet new people at a local event, etc.