

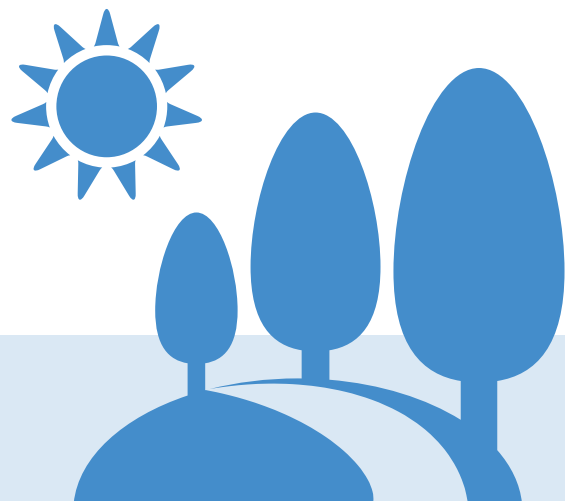


## 5 WAYS TO IMPROVE YOUR DIGITAL HEALTH

1. No digital gadgets at meal time.
2. Sleep device free. Get a real alarm clock!
3. Take a digital fast at least 1 hour a day.
4. Make eye contact when talking.
5. End your digital day by 9:00 p.m.

The best tip?

**Go outside & get some fresh air!**





# DIGITAL HEALTH ACCOUNTABILITY PARTNER

Find a person near you to help hold you accountable on your digital health.

## *Digital Health* **ACCOUNTABILITY**

*I will do my best to help the person below in his  
or her efforts to become digitally fit.*

*I will remind them of the resources we've  
learned about and encourage them to work on the  
five ways to improve their digital health.*

\_\_\_\_\_  
YOUR NAME

\_\_\_\_\_  
DATE

\_\_\_\_\_  
ACCOUNTABILITY PARTNER

\_\_\_\_\_  
DATE