

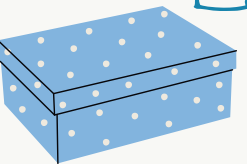


The
**Digital
Fast**


THE **FAMILY'S**
28-DAY SCREEN FREE CHALLENGE



Choose a square to complete each day, use the Aro app to measure your time away from phones & devices, and above all, have fun with The Digital Fast!




Decorate a box for your devices



Enjoy a special sweet treat




Snuggle up & read



Share highs & lows at family dinner



Family movie night



24 hours screen-free



Plant a flower or tree



Cook something special together



Visit the library & pick out a book



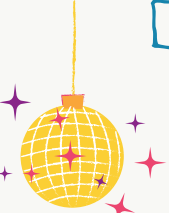
Family nature walk



Random act of kindness



Build a blanket fort




Family dance party!



Make a gratitude jar



Stargaze & talk about creation




Bake & deliver treats



Family picnic



Treasure hunt!



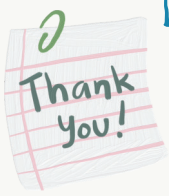
Family game night



Serve your community




Make & race paper airplanes



Write a thank you note



Work on a family puzzle



Draw out your favorite Bible verse




Have a family candle-lit dinner



Family fun night!



Reflect as a family on the challenge



Celebrate with a special screen-free event!

Bonus!
Kid's choice!

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Kid's choice!