

How to use the 30-Day Digital Reset Tracker

What it is

A 30-day tracker to mark whether you stuck to your digital reset each day, so you can see your streak and where you slipped.

Cal Newport's digital minimalism process calls for a 30-day break from optional technology before reintroducing anything on purpose.

When to use it

During the 30 days after you've decided what to cut. Pairs with the Digital Declutter Audit.

Steps

1. **Name what you're cutting.** The apps or sites that are off-limits for the next 30 days.
2. **Mark each day you stick to it.** Mark it honestly on the days you slip too.

Common mistake

Reintroducing everything at once on day 31, instead of one thing at a time, on purpose.

Pairs with

Digital Declutter Audit and Implementation Intentions.

Example: a 30-day social media cut

Date: Apr

What I'm cutting

Instagram, Twitter/X, and the news app

30 days

S	M	T	W	T	F	S
	1 X	2 X	3 X	4 X	5 X	6 X
7 X	8 X	9 X	10 X	11 X	12	13 X
14 X	15 X	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Before I bring anything back, I'll ask: Does this actually add value, or is it just habit?

30-Day Digital Reset Tracker

Date: _____

What I'm cutting

30 days

S	M	T	W	T	F	S

Before I bring anything back, I'll ask: _____