



MAKING THE HUMAN CONNECTION EVERY DAY

ACTIVITY	#Points	Your Daily Points
Each morning when you wake up, you don't reach for your cell phone or turn it on for 30 minutes	2 pts	
If you have a face-to-face conversation with someone before turning on technology.	1 pt	
When eating lunch you don't look at any electronic devices	1 pt	
When you have dinner with someone, you keep your phone put away or turned off.	2 pts	
During a business meeting you put your phone away or turn it off.	2 pts	
You're on social media less than 1 hour per day.	1 pt	
You use video conferencing (Skype, Hangout, etc.) instead of talking via phone.	2 pts	
Instead of sending an email you call or talk face-to face.	2 pts	
You exercise for at least 30 minutes without technology.	1 pt	
You have dinner with no technological distraction (including TV) *If you have dinner with at least 1 other person add 1 additional point.	1 pt 1 pt	
You use no electronic devices 30 minutes before going to bed.	2 pts	
TOTAL POINTS TODAY:		