OUR FAMILY’S UNPLUGGED VACATION PLEDGE

We, The _________, solemnly swear to unplug from our digital devices on our vacation to _________.

WE AGREE TO THE FOLLOWING: check as many boxes as you like!

☐ 20 MINUTES (MAX) OF PHONE TIME PER DAY

☐ SET SCREEN TIME LIMITS IN OUR PHONE SETTINGS (for extra insurance!)

☐ TURN OFF ALL PHONE NOTIFICATIONS

☐ PHONE-FREE MEALTIMES

☐ DOWNLOAD A LOCK-SCREEN IMAGE

OUR DESIGNATED “CAMERA & MUSIC” PHONE WILL BE OPERATED BY:

can also rotate through all family members

SIGNED: _________

all family signatures here