|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Days | Goal | Phone Usage Target (hours) | Phone Usage Actual (hours) | Achieved | Not Achieved | Reason |
| Day 1 |  | 9.5 |  |  |  |  |
| Day 2 |  | 9 |  |  |  |  |
| Day 3 |  | 8.5 |  |  |  |  |
| Day 4 |  | 8 |  |  |  |  |
| Day 5 |  | 7.5 |  |  |  |  |
| Day 6 |  | 7 |  |  |  |  |
| Day 7 |  | 6.5 |  |  |  |  |
| Day 8 |  | 6 |  |  |  |  |
| Day 9 |  | 5.5 |  |  |  |  |
| Day 10 |  | 5 |  |  |  |  |
| Day 11 |  | 4.5 |  |  |  |  |
| Day 12 |  | 4 |  |  |  |  |
| Day 13 |  | 3.5 |  |  |  |  |
| Day 14 |  | 3 |  |  |  |  |
| Day 15 |  | 2.5 |  |  |  |  |
| Day 16 |  | 2 |  |  |  |  |
| Day 17 |  | 1.5 |  |  |  |  |
| Day 18 |  | 1 |  |  |  |  |

REFLECTION QUESTIONS

1. What are the benefits of doing this program for you?
2. Did you think it created an impact to your productivity? (elaborate your reason)
3. What was the most challenging part for you when reducing your phone hour usage?
4. Would you consider reducing your phone usage from now on?