

OUR FAMILY QUEST TO HEALTHY TECH

Mapping our Plan

STEP 1 *Where are we now?*

How do we feel about our current tech use?

color one:



Tell me more: _____

What would we like to change? _____

STEP 2 *What is our goal now?*

What would a "good" day of tech use look like for our family, where everyone feels balanced and happy?

Draw or write our goal idea:

STEP 3 *Our map to reach our healthy goal:*

P

What is our positive goal?
Example: No tech zones at home

L

What does that look like?
Ex.: Setting a timer for tech use

A

What actions will we take?
Ex.: Have a partner to check in with

N

Now we have a plan!
When will we start?

