IPHONE AND ANDROID SETUP GUIDES

Phone-Boundary Checklist

A one-page list of boundaries to try, one at a time.

STEP 1 · START HERE

Check one box this week. Add another next week.

One box at a time. Nothing here is a lock you can't undo.

Don't try everything at once. Check one box this week, then add another next week.

Friction

- [ ] Notifications off for my top two apps
- [ ] Top app moved off my home screen
- [ ] App limit set on my top app
- [ ] Grayscale on, at least in the evening

Places

- [ ] Phone charges outside my bedroom
- [ ] Phone basket by the door
- [ ] No phones at the table
- [ ] Phone in another room during work blocks

Times

- [ ] No phone for the first 15 minutes of the morning
- [ ] A daily phone-free family time
- [ ] A phone bedtime 30 minutes before sleep
- [ ] Messages checked at planned times

People

- [ ] Told one person what I'm working on
- [ ] Someone I trust holds my Screen Time passcode
- [ ] A weekly check-in with that person

Undivided · myundividedapp.com · Free to print and share for personal, non-commercial use.