CHALLENGES AND ROUTINES

Gentle Reminders

Add a repeating reminder to your own calendar. No email, no app, nothing sent to us.

STEP 1 · START HERE

Pick one reminder. One or two are better than four.

Pick a reminder. Your phone's calendar asks if you want to add it. You can change the time or delete it anytime in your calendar.

- **Daily at 7:00 PM: today's 5-Day Reset step**
- **Nightly at 9:00 PM: phone bedtime**
- **Daily at 7:00 AM: first 15 minutes phone-free**
- **Sundays at 7:00 PM: weekly check-in**

Tips

- After adding it, open the event in your calendar to change the time to what fits your day.
- One or two reminders are better than four. Too many reminders become noise.
- Finished the 5-Day Reset? Delete the daily step reminder from your calendar.

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