

Digital Wellness Goals



Troomi[®]
DIGITAL WELLNESS

Goal Setting

Goal _____

Why I want to achieve it:

Is the goal within your power to accomplish?

Do I need someone else's help? If so, who?

How long does it take to reach?

Screen Time Balance

What's your ideal screen time for the day?

How can we balance digital time with other activities like family time, outdoor play, or hobbies?



Healthy Tech Habits



What digital habits do you want to build this year?
(e.g., no screens during meals, using tech for learning, limiting late-night screen use)

Family Discussions

How often will we check in as a family on our digital goals?
(e.g., weekly, monthly)

Positive Content



What apps or content will you focus on for a positive, enriching experience?

Are there any digital habits you'd like to limit or remove?

Personal Reflections



What new things did you learn or enjoy through technology this month?

Write a positive note about your favorite family tech moments!

Stay connected, stay safe, and make 2024 your healthiest year yet!