Seven-day evening detox planner

Not cold turkey. One week of slightly better evenings, each night a little more yours than the last. Start on any day.

THE PLAN

Day	Tonight's step	Done?
1	Baseline night. Change nothing, just note your cutoff time and where the phone slept.	
2	Move the charger out of the bedroom. That's the whole task.	
3	Pick a cutoff 30 minutes before bed. Tell someone.	
4	Add a 10-minute wind-down after the cutoff: book, shower, or tea.	
5	Silence every notification that has never mattered at 11 pm.	
6	Full run: cutoff, phone in its spot, wind-down, lights out on time.	
7	Repeat night six, then review the week below.	

END OF WEEK REVIEW

Easiest night and why

Hardest night and why

The one change I'm keeping permanently:

If the week goes sideways on day three, start again at day three, not day one. Progress carries over.

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