

Smartphone/ Technology Fast

(24hours) Extra Credit

Chose 1 day

1. Turn your phone/ Ipad off or leave it home
2. No music, no checking time, no answering texts
3. Complete Reflection questions below
4. Show Mrs. Argus your data usage screen for that time period (may be asked to prove it is your phone ☺

Tips:  warn people that you are fasting and that you will not be responding for 24 hours and turn notifications and noises off

Reflection (can be written, audio, or video reflection)

1. How long in to the fast did you begin to feel different?  What emotion would you say you were experiencing?
2. Describe your day at or around the 12th hour of not having your phone
3. Describe your day at or around the 20th hour of not having your phone
4. Reflect on the entire day
5. Reflect on the day after (did you feel you missed anything?  Response from your friends or family that you were off line, etc.
6. Did you find that have an addiction? Explain