

The **D.O.P.A.M.I.N.E.**
— Reset™ System —

BONUS PACK

PRACTICAL
PRINTABLE
FAMILY
TOOLS

*Extra Resources to Help Your Family
Build Healthy Digital Habits for Life*

3 Powerful Bonuces Included



BONUS #1

21-DAY FAMILY DIGITAL RESET CHALLENGE

A simple day-by-day plan to
reset habits and build consistency.



BONUS #2

FAMILY SCREEN TIME TOOLKIT

Printable trackers, agreements
and planners to keep your
family on track.



BONUS #3

100 SCREEN-FREE ACTIVITIES KIDS LOVE

Fun and engaging ideas to
replace screen time with
real-life experiences.



*Stronger Habits.
Stronger Family.
Brighter Future.*



MORE CONNECTION



LESS SCREEN,
MORE LIFE



HEALTHY HABITS
THAT LAST



HAPPIER KIDS,
HAPPIER HOME

Bonus 1: 21-Day Family Digital Reset Challenge

Day 1: Goal:	Completed: ■	Notes:
Day 2: Goal:	Completed: ■	Notes:
Day 3: Goal:	Completed: ■	Notes:
Day 4: Goal:	Completed: ■	Notes:
Day 5: Goal:	Completed: ■	Notes:
Day 6: Goal:	Completed: ■	Notes:
Day 7: Goal:	Completed: ■	Notes:
Day 8: Goal:	Completed: ■	Notes:
Day 9: Goal:	Completed: ■	Notes:
Day 10: Goal:	Completed: ■	Notes:
Day 11: Goal:	Completed: ■	Notes:
Day 12: Goal:	Completed: ■	Notes:
Day 13: Goal:	Completed: ■	Notes:
Day 14: Goal:	Completed: ■	Notes:
Day 15: Goal:	Completed: ■	Notes:
Day 16: Goal:	Completed: ■	Notes:
Day 17: Goal:	Completed: ■	Notes:
Day 18: Goal:	Completed: ■	Notes:
Day 19: Goal:	Completed: ■	Notes:
Day 20: Goal:	Completed: ■	Notes:
Day 21: Goal:	Completed: ■	Notes:

Bonus 2: Family Screen Time Toolkit

Family Member	Daily Screen Limit	Actual	Notes

Family Digital Agreement

■ No phones during meals.

■ Devices outside bedrooms at night.

■ Homework before entertainment.

■ Respect screen-time limits.

■ Parent Signature: _____ Child Signature: _____

Bonus 3: Screen-Free Activity Planner

[illegible]