

Unplug to Recharge 2026 Challenge Tracker

DATE:	HIKE	BIKE	GO FISH	WALK DOG	WATERCRAFT	JOURNAL
SUNDAY						
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATURDAY						

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I pledge to unplug for at least 30 minutes consecutively each day and spend that time connecting with nature. During this challenge, I will set aside my screens and use those moments to explore, observe, and enjoy the natural world around me.

Whether I'm walking a trail, listening to birds, watching wildlife, or simply breathing in the fresh air, I will give myself time to slow down and be present.

Each day I complete my 30 minutes, I'll mark it in my tracker. By taking this pledge, I commit to making nature part of my daily routine.

Signed: _____

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