



DIGITAL

# *Wellbeing*

CHALLENGE

WELLBEING & PRODUCTIVITY MARKERS

NAME -

# Digital Wellbeing Markers

## PRE-CHALLENGE & CHALLENGE TRACKING

Track your sleep, focus and stress levels each day and record an emoji to reflect your performance in each domain.



Try to complete 1-2 days worth of tracking BEFORE the challenge begins and then track during the challenge too. We're using this tracking tool so we can hopefully measure some tangible improvements in your digital wellbeing and productivity over the challenge period.

M T W T F S S

**Sleep** – how was the quality AND quantity of your sleep?

**Focus** – were you able to sustain your focus today and minimise digital distractions?

**Stress** – were you able to maintain relatively low levels of stress today?

