Life without my phone…….What????

 Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Hour 1

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Hour 2

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Hour 3

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Hour 4

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Hour 5

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Hour 6

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Hour 7

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Hour 8

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Going to bed:

1 hour before bed I put my phone in another room.

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I put on relaxing music

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I deep breath

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How I felt the next morning

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_