OFFLINE CLUB

DAILY JOURNAL · ANALOG EDITION

DATE

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TODAY'S SCORE

__ __ __ pts

WEEKLY STREAK

Fill in each day you complete your journal

CORE RITUALS

☐	**Morning walk without phone** *Outdoor walking reduces cortisol by ~21% & boosts creative thinking (Bratman et al., 2015)*	+10
☐	**Stop & be still for 10 mins** *Mindful stillness strengthens attentional control & reduces anxiety (Zeidan et al., 2010)*	+5
☐	**1 hr timed, focused deep work** *Single-tasking in time blocks increases output quality by 40% (Newport, 2016)*	+5
☐	**Complete bedtime wind-down routine** *Screen-free wind-down raises melatonin onset & improves sleep (Chang et al., 2015)*	+20
☐	**Read a physical book 20+ mins** *Deep reading reduces stress by 68% & builds sustained focus (Lewis, 2009)*	+10
☐	**Eat a meal without screens** *Mindful eating improves satiety signals & reduces overeating (Albers, 2012)*	+8
☐	**30 mins face-to-face conversation** *IRL connection triggers oxytocin & lowers cortisol more than digital interaction*	+10
☐	**Create something with your hands** *Manual creative work activates default mode network, improving mood (Csikszentmihalyi, 1990)*	+8

YOUR OWN RITUALS

☐	*add your own offline ritual…*	+ pts
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END-OF-DAY REFLECTION

One offline ritual to protect tomorrow?

Implementation intentions double follow-through rates (Gollwitzer, 1999)

How was your energy & mood compared to high-screen days?

Tracking mood correlations sustains behaviour change (Fogg, 2019)

When did you resist the urge to reach for your phone?

Naming resistance strengthens prefrontal inhibitory control (Lieberman et al., 2007)

What moment today felt most alive — without a screen?

Recalling positive sensory experiences deepens memory consolidation (Walker, 2017)