

Welcome to the Unplugged Hours.

This tracker began as a personal challenge: 1,000 device-free hours in a year. I soon realized it was tough but transformative. Each hour freed me from years of distraction and constant connectivity. I hope you'll experience the same surprising results!

Track your device-free time with the enclosed trackers. Each bubble represents one hour spent without devices. Mark a bubble when you keep your devices out of reach for a full hour.

My advice: Focus on finishing the challenge, not how long it takes. Whether it's a month, six weeks, or three years, complete it at your own pace. This isn't a race— it's a chance to revamp your rhythms and wire your spirit for more presence in daily life.

xx, Hannah B.



When I first started unplugging, I did not want to write [a book](#) about it. I said many times that I didn't think there was even a book to be written.

But then I watched a story begin to unfold—one unplugged hour at a time—that took me by complete surprise. I watched my life take on new vibrancy and new meaning. I saw myself come back to life. I watched my life begin to change from the inside out and I knew I had to tell you everything.

If you're looking for a companion for your own unplugged hours, I'd love for you to [pick up The Unplugged Hours](#) (available anywhere books are sold). This book will help you reflect and root yourself in deeper forms of presence as you practice powering down. And there's even a 1,000 Unplugged Hours tracker within in the book so you can track along as you read!

100 Unplugged Hours

START DATE:

COMPLETED ON:

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	20
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	40
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	50
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	60
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	70
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	80
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	90
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One Month Unplugged

START DATE:

COMPLETED ON:

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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	60
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THIS MONTH I MADE MORE TIME FOR:

One Month Unplugged

START DATE:

COMPLETED ON:

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	60
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	70

THIS MONTH I MADE MORE TIME FOR: