

Join the challenge

May-Be Offline

A simple pause from the platform that takes most of your time.

No fees.

No tracking.

Just awareness.

30

DAYS

Join challenge

Questions to ask yourself

- What would change if I stepped away for 30 days?
- How much time would I get back?
- How would I feel?
- What have I been missing?
- Am I addicted?

Why people join

- Reduce screen-time
- Improve mental health
- Feel more rested
- Strengthen personal connections
- Reclaim hours each week
- More time with family, friends and kids
- More focus

HOW IT WORKS



Sign up

Enter your details to join the challenge.



Receive your welcome email

You'll get:
A printable 30 day calendar



Take your 30-day break

Step away from your most-used platform for 30 days.
May is the official challenge month—but you can begin anytime.



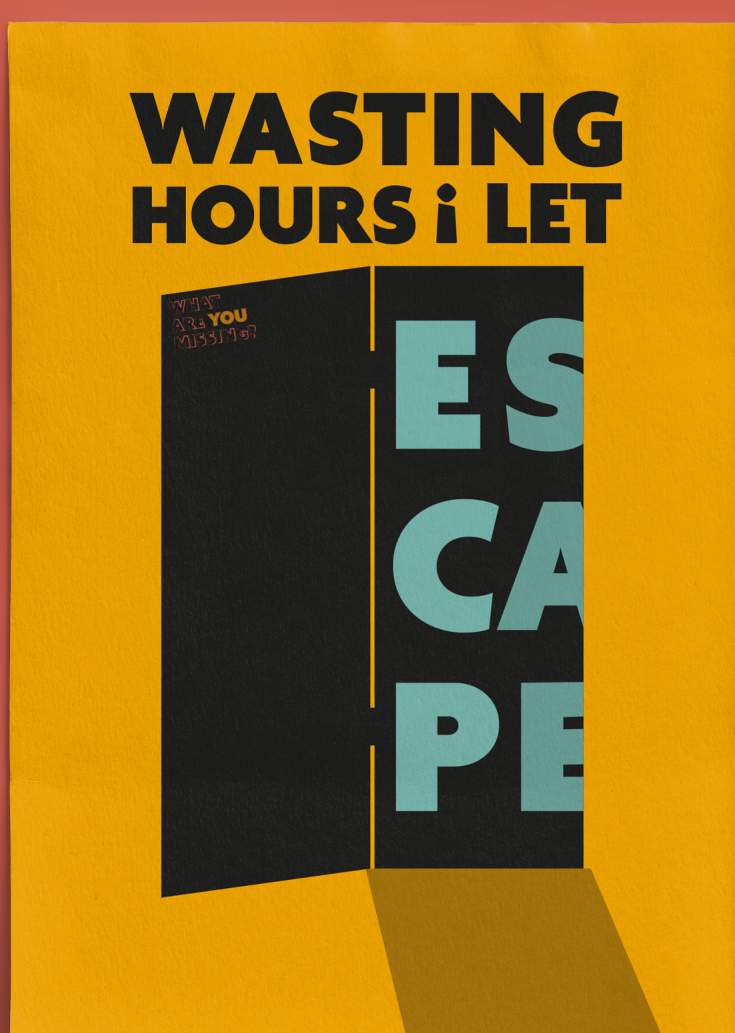
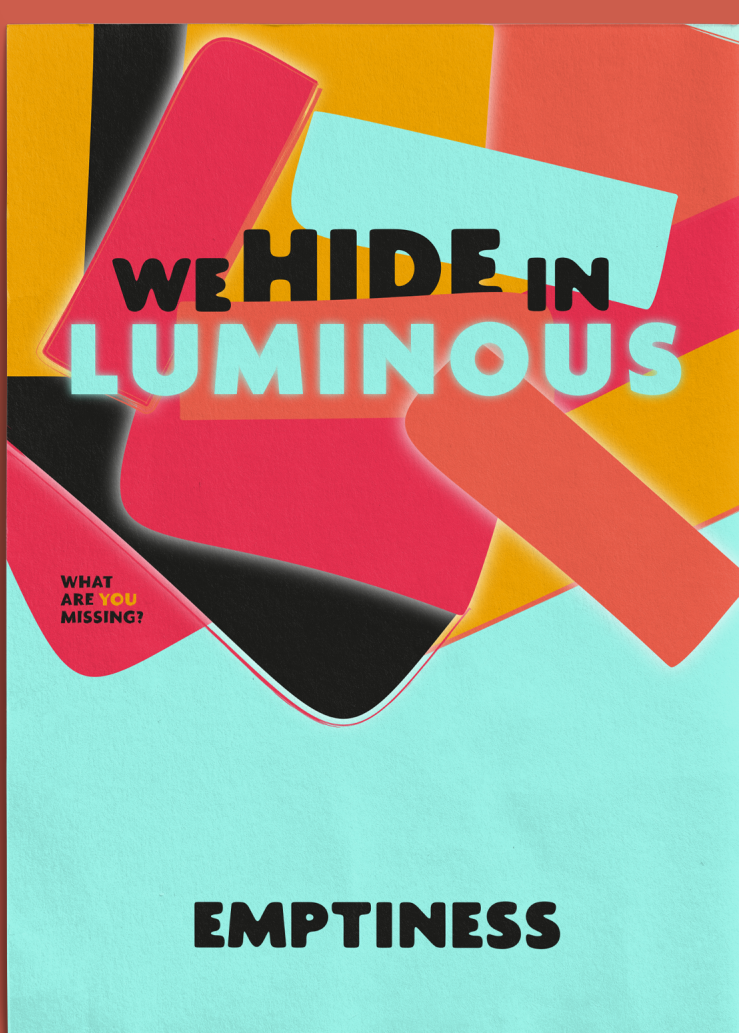
Complete a 3 question reflection

At day 30, we'll email you a short reflection to help you notice what changed.



Choose your free limited-edition print

Once you submit your reflection, you'll unlock access to a limited-edition WHILE print.



No check-ins. No monitoring. No pressure.

Join challenge

Which platform should you step away from?

Pick the one that takes the most of your time and attention.

Tips to decide:

- Check your phone's Screen Time or Digital Wellbeing
- Notice the app you open automatically
- Consider TV or gaming if that's where time goes

Choose the one you'd miss the most.

Invite others to join you!

Doing the challenge with friends and family increases motivation and makes the experience more enjoyable.

Invite someone

READY TO START?

Name (optional):

Email*:

When would you like to start?

Tick preferred box.



May



Start today



Another date

How would you like to receive your calendar?

Tick preferred box.



Digital (email)



Printed copy (posted to your door)



I want to join the 30-Day May-Be Offline challenge.

Join challenge

Stay in the loop.

Get insights on digital well-being, challenge updates, and new campaign releases.

Sign up for updates