



Pause The Scroll



Paws, Enrich, Plan.

DOG
FRIENDLY

Social media detox challenge by
Dog Furiendly & Paws Enrich Plan

ABOUT THE CHALLENGE

On July 9th/10th we're challenging our community to break from social media and 'paws the scroll' for the weekend. Instead, we want you to seek adventure and document your adventures with your pup!

According to [Smart Insights](#), we spend an average of 2 hours 27 minutes per day scrolling - that's the same time it takes to fly to Barcelona!

Imagine the extra adventure time we'd have with our dogs if we came away from our screens? That's why we want to put the phones down and get exploring!

To complete the challenge, simply go out exploring, then at the end of the weekend, fill out the adventure journal story template. Upload to your social media stories and tag @dogfriendly and @pawsenrichplan

Everyone who has signed up to the challenge will be automatically entered into a giveaway for the chance to win an adventure journal from Paws Enrich Plan, plus a £25 Etsy gift card. Pawtastic!

DID YOU KNOW...

Most people check their phones up to 58 times a day!



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