

DR. JOSH + CHRISTI

(Family Name) Marital E-Nup

We agree to not be on social media sites more than __ minutes per day each.

We agree to go to bed together each night with our phones docked away from the bed.

We agree to only use our phones as phones (no internet or social media) afterwork hours, unless it's an agreed upon activity beneficial to the relationship.

We agree to no phones for any use past __pm.

We agree to a 24-hour screen fast from __pm _____ night to __pm _____ night. This includes (no phone, television, tablet, or video games).

We agree to have no screens in sight during meal times at home or out together or with other couples at restaurants.

We agree to live in the moment by not having technology present when playing family board games or other activities in or outside the home.

We agree to have access to one another's social media passwords and accounts.

We agree to share any awkward emails, messages, or texts from anybody of the opposite sex or messages that could threaten the trust of our marriage.

We agree to not text or browse our phones while driving.

We agree to only state facts in any electronic communications. If the conversation or my response will be emotional, I will either call my spouse, or wait until I see him/her face to face.

We agree to model for our children healthy social media and technology use.

Signed:

Husband

Date

Wife

Date