

21-Day Equity Habit-Building Challenge
TRACKING LOG

Tip: diversify your habits by doing some of each on the different days
 Learn more @ www.uwgive.org/equity



| Day | Read | Watch | Connect | Engage | Act | Notes |
|-----|------|-------|---------|--------|-----|-------------------|
| 1 | | | | | | See sample below! |
| 2 | | | | | | |
| 3 | | | | | | |
| 4 | | | | | | |
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| 7 | | | | | | |
| 8 | | | | | | |
| 9 | | | | | | |
| 10 | | | | | | |
| 11 | | | | | | |

This guide was adapted from content originally created and published by the Food Solutions New England (FSNE) network, hosted at the University of New Hampshire Sustainability Institute in Durham, NH, USA. We are grateful for their work to create the conditions for more just and equitable communities.

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| Day | Read | Watch | Connect | Engage | Act | Notes |
|-----|------|-------|---------|--------|-----|-------|
| 12 | | | | | | |
| 13 | | | | | | |
| 14 | | | | | | |
| 15 | | | | | | |
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| 17 | | | | | | |
| 18 | | | | | | |
| 19 | | | | | | |
| 20 | | | | | | |
| 21 | | | | | | |

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SAMPLE 21-Day Equity Habit Building Challenge

| Day | Read | Watch | Connect | Engage | Act | Notes |
|-----|------|-------|---------|--------|-----|---|
| 1 | √ | | | | | Started <i>Waking Up White</i> . |
| 2 | √ | | | | | OMG, why didn't I learn this stuff sooner!? |
| 3 | | √ | | | | Book mentioned <i>True Colors</i> . Found it online. Still true today? |
| 4 | | | √ | | | Found Local Group. On mailing list, liked FB pg. Going to meet on 9/15! |
| 5 | √ | | | | | Read local Group's website. Couldn't stop reading. |
| 6 | | | | √ | | Attended Local Group film + discussion. Awesome people. |
| 7 | √ | √ | | √ | | More I learn more I learn I don't know. Want more, more, more! |
| 8 | | | | √ | | 2 nd day in a row I called a new Local Group connection for ideas. |
| 9 | √ | | | | | Reading how to interrupt racist jokes. Do I dare? Feeling scared. |
| 10 | | | √ | | | 'Liked' three national racial justice organizations on FB. |

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| | | | | | | |
|----|---|---|---|---|---|---|
| 11 | | | √ | | √ | Attended lecture by John Powell at Local U. Wow. Where have I been? |
| 12 | √ | √ | | | | New FB likes post amazing stuff. Feeling inspired! |
| 13 | √ | √ | √ | | | Focusing on whiteness in schools. So many orgs/resources. Who knew? |
| 14 | | | | | √ | Called 5 friends for dinner + film. All psyched but John. Pissed me off! |
| 15 | √ | | | | √ | Read up on ways to address people like John. Called. Good-ish talk. |
| 16 | | | | | √ | Signed up to take class at Local Community College. |
| 17 | | | | √ | | Attended Local Group MeetUp. Talking Guidelines super helpful. |
| 18 | | | | √ | | Met MeetUp friends for a beer. Went to part of town I'd never been to. |
| 19 | √ | | | | | MeetUp friend loaned me <i>Birth of a White Nation</i> . Can't put it down. |
| 20 | | | √ | | √ | Hosted dinner + <i>White Man's Image</i> film. Shocking, bonding, motivating. |
| 21 | | | | | √ | Asked boss how to get on diversity committee. Want to join. |

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