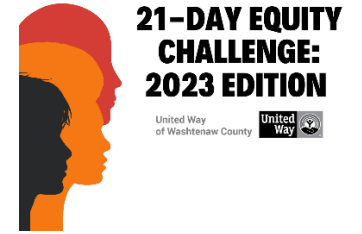


21-Day Equity Habit-Building Challenge

TRACKING LOG

Tip: diversify your habits by doing some of each on the different days

Learn more @ www.uwgive.org/get-involved-equity



Day	Read	Watch	Listen	Act	Notes
1					See sample below!
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					

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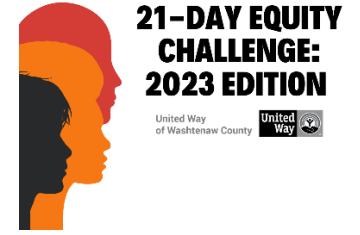


Day	Read	Watch	Listen	Act	Notes
12					
13					
14					
15					
16					
17					
18					
19					
20					
21					

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SAMPLE 21-Day Equity Habit Building Challenge

Day	Read	Watch	Listen	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.

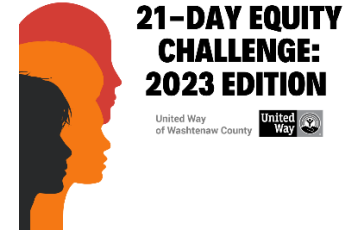
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11			√	√	Attended lecture by John Powell at Local U. Wow. Where have I been?
12	√	√			New FB likes post amazing stuff. Feeling inspired!
13	√	√	√		Focusing on whiteness in schools. So many orgs/resources. Who knew?
14				√	Called 5 friends for dinner + film. All psyched but John.
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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