

5-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 on page 2!
2						
3						
4						
5						

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.

5-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



SAMPLE 5-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.

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.