5-Day Equity Habit-Building Challenge

**TRACKING LOG**

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

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Day | Read | Watch | Connect | Engage | Act | Notes |
| 1 |  |  |  |  |  | See sample below! |
| 2 |  |  |  |  |  |  |
| 3 |  |  |  |  |  |  |
| 4 |  |  |  |  |  |  |
| 5 |  |  |  |  |  |  |

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**SAMPLE 5-Day Equity Habit Building Challenge**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Day | Read | Watch | Connect | Engage | Act | Notes |
| 1 | √ |  |  |  |  | Started *Waking Up White.* |
| 2 | √ |  |  |  |  | OMG, why didn’t I learn this stuff sooner!? |
| 3 |  | √ |  |  |  | Book mentioned *True Colors*. 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 |  |  |  | √ |  | 2nd 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. |