21-Week Equity Challenge TRACKING LOG

Diversify your habits by doing some of each on the different days, learn more online at https://unitedwayillinois.org/equity-challenge/

Week	Read	Watch	Connect	Engage	Act	Notes (Sample Below)
1	☐	☐	☐	☐	☐	
2	☐	☐	☐	☐	☐	
3	☐	☐	☐	☐	☐	
4	☐	☐	☐	☐	☐	
5	☐	☐	☐	☐	☐	
6	☐	☐	☐	☐	☐	
7	☐	☐	☐	☐	☐	
8	☐	☐	☐	☐	☐	
9	☐	☐	☐	☐	☐	
10	☐	☐	☐	☐	☐	
11	☐	☐	☐	☐	☐	

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Week	Read	Watch	Connect	Engage	Act	Notes (Sample Below)
12	☐	☐	☐	☐	☐	
13	☐	☐	☐	☐	☐	
14	☐	☐	☐	☐	☐	
15	☐	☐	☐	☐	☐	
16	☐	☐	☐	☐	☐	
17	☐	☐	☐	☐	☐	
18	☐	☐	☐	☐	☐	
19	☐	☐	☐	☐	☐	
20	☐	☐	☐	☐	☐	
21	☐	☐	☐	☐	☐	

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SAMPLE 21-Week Equity Challenge Log

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.

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SAMPLE 21-Week Equity Challenge Log

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 *Birth of a White Nation*. Can't put it down.
20			√		√	Hosted dinner + *White Man's Image*film. Shocking, bonding, motivating.
21					√	Asked boss how to get on diversity committee. Want to join.

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