

7-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						
6						
7						

Have a revelation? Share your reflections and “Aha!” moments using the hashtags #unitedforequity, #equitychampions, and #VCUWequitychallenge. Don’t forget to follow Victoria County United Way on Facebook, Twitter, and Instagram.

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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	✓					Reading how to interrupt racist jokes. Do I dare? Feeling scared.

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