

# ACTIVITY TRACKING LOG

## 21-Day Equity Challenge

Tip: Diversify your learning by completing a variety of challenge options (read, watch, listen, etc.) [www.uwolmsted.org/21-day-equity-challenge](http://www.uwolmsted.org/21-day-equity-challenge)



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

*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.*



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

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### SAMPLE Activity Tracking Log

Day	Read	Watch	Listen	Journal	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			√			Listened to local podcast. I'd never heard of them before!
9	√					Reading how to interrupt racist jokes. Do I dare? Feeling scared.
10		√		√		Watched an eye-opening TedTalk. Journalled about my learnings and thoughts.

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11			√		√	Attended lecture by John Powell at Local U. Wow. Where have I been?
12	√	√				Read article and watched follow-up local news story.
13			√		√	Asked a trusted colleague to talk about Equity Challenge content. Enjoyed our robust conversation.
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 offered at local Community Education.
17			√			Dedicated today to listening to what other's say around me. Remembering my experience is different from others'.
18				√		I can't believe the Challenge is almost over. Journalled about my overall takeaways thus far.
19	√					Dove into local data. It's been hard but important to learn about our community's greatest challenges.
20			√		√	Listened to a new podcast series on my way to work. Talked to my partner and my kids about it.
21					√	Asked boss how to get on diversity, equity, and inclusion committee. Want to join.

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