

21-Day Disability Equity Challenge Tracking Log

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

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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 21-Day Equity Habit Building Challenge

Day	Read	Watch	Connect	Engage	Act	Notes
1	√	√				Watched <i>Rooted in Rights: What are Disabilities</i> .
2	√	√				Disability Language Guide was very informative
3	√	√				I have never considered the medical vs. social model
4		√	√			Found Local Group. On mailing list, liked FB pg. Registered for webinar on 11/3.
5	√		√			Read local organization's website. Couldn't stop reading.
6				√	√	Talked with coworker about what we learned about ableism.
7	√	√		√		Enjoyed the activity of listing out my intersecting identities!
8				√	√	Shared the Accessible Online Job Recruitment article with my HR manager
9	√					Learned so much about how to disclose a disability with an employer.
10		√	√		√	'Liked' three disability justice organizations on FB.

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