**Anti-Racism Week 1: Speak Up Challenge**

**Day 1: Set Limits**
- Sign the SPEAK UP pledge

**Day 2: Practice and Prepare**
- Listen to a patient story

**Day 3: Express Your Concerns**
- Learn about microaggressions

**Day 4: Apologize**
- Reflect on your interactions with others

**Day 5: Keep Improving**
- Take Harvard Implicit Bias test

**Day 6: Uncover and Learn**
- Reflect on Maze of Life

**Day 7: Persuade Others**
- Share this challenge and your progress!

**Notes & Reflections**
WEEK 2
RESPECT

ANTI-RACISM SPEAK UP CHALLENGE

DAY 8
RACISM ERADICATION

Listen to On Being Conversation with Resmaa Menakem

DAY 9
EQUITABLE HIGH QUALITY CARE

Read "Hidden in Plain Sight" NEJM article

DAY 10
SOCIAL SUPPORT

Read Black paper from Black Mamas Matter Alliance

DAY 11
PAY ATTENTION

Watch Dr. Taylor testimonial

DAY 12
EMPATHETIC CARE

Listen to Natal podcast

DAY 13
CULTURAL HUMILITY

Diversity your news sources

DAY 14
TALK LESS, LISTEN MORE

Watch Nightline "Hear Her Voice" episode

NOTES & REFLECTIONS
<table>
<thead>
<tr>
<th>DAY 15</th>
<th>RACISM ERADICATION</th>
<th>DAY 16</th>
<th>EQUITABLE HIGH QUALITY CARE</th>
<th>DAY 17</th>
<th>SOCIAL SUPPORT</th>
<th>DAY 18</th>
<th>PAY ATTENTION</th>
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<tbody>
<tr>
<td></td>
<td>Read Black Birthing Women's Bill of Rights</td>
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<td>Complete Racial Justice Assessment tool</td>
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<td>Read about Indigenous birth workers</td>
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<td>Read article by Dr. Joia Crear-Perry</td>
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<tr>
<th>DAY 19</th>
<th>EMPATHETIC CARE</th>
<th>DAY 20</th>
<th>CULTURAL HUMILITY</th>
<th>DAY 21</th>
<th>TALK LESS, LISTEN MORE</th>
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<td></td>
<td>Watch a documentary or movie about race in the U.S.</td>
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<td>Read AMA's &quot;Racism is a Threat to Public Health&quot;</td>
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<td>Anti-Racism Reading List</td>
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**Week 4: SPEAK UP**

**Day 22**
- **Set Limits**
  - Learn about obstetric history

**Day 23**
- **Practice and Prepare**
  - Watch TEDMED Talk on medical racism

**Day 24**
- **Express Your Concerns**
  - Take risks to challenge racism

**Day 25**
- **Apologize**
  - Reflect on your interactions with others

**Day 26**
- **Keep Improving**
  - MAP IT Action Plan

**Day 27**
- **Uncover and Learn**
  - Watch Camara Jones' TED talk

**Day 28**
- **Persuade Others**
  - Create your own SPEAK UP SMART goals

**Notes & Reflections**