

**WEEK 1
SPEAK UP**

**ANTI-
RACISM
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