

**WEEK 4  
SPEAK UP**

**ANTI-  
RACISM  
SPEAK UP  
CHALLENGE**

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