

December Activities	Potential points
30 Minutes of Intentional Exercise at least 5 days between Dec. 1 - 11	5 points
Zero Tolerance (Don't gain weight Nov. 15 - Dec 11)	5 points
Lose Weight (3 pounds or more)	5 points
Participate in any organized, official activity event (ie: 5k, marathon, bike race, etc.)	10 points
Participate in the Kirsten Wolcott Memorial 5k at 3 p.m. Race starts at the Duck Pond. December 1, 2017	5 points
Skip dessert (candy, cookies, cakes, pies, etc) for any 7 day period	5 points
Create your own adventure (hike, backpack, etc.) at least a 5k	5 points
Park and Walk to Workplace for at least 12 days this month. Where Do I Park? Description: You must park in the Collegedale SDA church parking lot. Exceptions: -School of PEHW Faculty must park in the parking lot behind Upper Stateside Apartments. -Plant Services, Service Dept., Landscape Services, Transportation staff can park at the Student Park parking area. Note: You can also walk or ride your bike from your house.	5 points
Stretch for 10 or more minutes a day for any 7 day period	5 points
Create a budget for your holiday gift giving	5 points
Successfully complete the 12 Days of Wellness Activity (Nov. 30 - Dec. 11)	10 points
Send in a "healthy holiday recipe" to dbissell@southern.edu to be posted on the employee wellness website	5 points
Attend Weight Watchers Dec. 5 & 12	3 points each
Successfully complete the Tri It Ironman (Complete an actual Ironman)	20 points
Complete Wild Trails 200 - Accumulate 200 miles during the course of the semester (Swimming, Biking, Walking, Hiking, Running, Skating, Rollerblading)	20 points
Once per semester	
Go to a Dental Checkup/Cleaning	5 points
Have an Eye Exam	5 points
Get a Physical Exam	5 points
Record my December Activities	