

<b>December Duck Points</b>	<b>Potential points</b>
30 Minutes of Intentional Exercise at least 5 days between Dec. 1 - 10	5 points
Zero Tolerance (Don't gain weight Nov. 15 - Dec 10)	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
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
Volunteered in the community by signing up through <a href="http://www.southern.edu/serve">www.southern.edu/serve</a> anytime this semester	5 points
Park and Walk to Workplace for at least 5 days this month <small>Where Do I Park?</small> Park in one of the following lots: VM, Collegedale Church, Above Upper Stateside Apartment Parking Lot, or Student Park  <small>Note: You can also walk or ride your bike from your house.</small>	5 points
Stretch for 10 or more minutes a day for any 7 day period	5 points
Post a picture of you engaged in a healthy behavior on the employee wellness instagram account #sauemployee wellness or on the Facebook Workgroup Employee Wellness Group	5 points
Greeting Challenge: Say Hello or give a positive greeting to everyone you pass while walking on the sidewalk	5 points
Create a budget for your holiday gift giving	5 points
<a href="#"><u>Successfully complete the 12 Days of Wellness Activity (Nov. 27 - Dec. 7)</u></a>	10 points
Send in a "healthy holiday recipe" to <a href="mailto:dbissell@southern.edu">dbissell@southern.edu</a> to be posted on the employee wellness website	5 points
Attend Weight Watchers Dec. 4 & 11	3 points each
<a href="#"><u>Successfully complete the Tri It Ironman (Complete an actual Ironman</u></a>	20 points
<a href="#"><u>Complete Wild Trails 200 - Accumulate 200 miles during the course of the semester (Swimming, Biking, Walking, Hiking, Running, Skating, Rollerblading)</u></a>	20 points
<b>Once per semester</b>	
Go to a Dental Checkup/Cleaning	5 points
Have an Eye Exam	5 points
Get a Physical Exam	5 points
<b><a href="#"><u>Record my December Activities</u></a></b>	