

December Duck Points	Potential points
30 Minutes of Intentional Exercise at least 5 days between Dec. 1 - 12	5 points
Zero Tolerance (Don't gain weight Nov. 15 - Dec 12)	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 www.southern.edu/serve anytime this semester	5 points
Park and Walk to Workplace for at least 5 days this month Where Do I Park? Park in one of the following lots: VM, Collegedale Church, Above Upper Stateside Apartment Parking Lot, or Student Park 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
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
Successfully complete the 12 Days of Wellness Activity (Dec. 1 - 12)	10 points
Send in a "healthy holiday recipe" to khughes@southern.edu to be posted on the employee wellness website	5 points
Participate in the Kirsten Wolcott Memorial 5k at 3 p.m. Race starts at the Duck Pond. December 6, 2019	5 points
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](#)