

| <b>December Duck Points</b>  | <b>Potential points</b> |
|--|-------------------------|
| Thirty (30) minutes of intentional exercise at least 5 days between Dec. 1 - 10  | 5 points                |
| Zero Tolerance (Don't gain weight Nov. 14 - Dec 10)  | 5 points                |
| Maintain weight (for the month)  | 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                |
| Volunteer 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 your workplace for at least 5 days this month Where Do I Park?<br>Park in one of the following lots: VM, Collegedale Church, Above Upper Stateside Apartment Parking Lot, or Student Park<br>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                |
| 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 (Nov. 26 - Dec. 9)  | 10 points               |
| Complete an Ironman Length Triathlon over the course of the semester   | 20 points               |
| Accumulate 200 miles during the course of the semester (Swimming, Biking, Walking, Hiking, Running, Skating, Rollerblading)  | 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                |
| Record my December Activities (Available mid December)   |                         |