

<b>November Duck Points</b>	<b>Potential points</b>
30 Minutes of Intentional Exercise for at least 12 days this month	5 points
Zero Tolerance (Don't gain weight during Thanksgiving Break!)	5 points
Lose Weight (3 pounds or more)	5 points
Check-in and use the Hulsey Wellness Center at least 5 times.	5 points
<a href="#">Participate in the Sandy Erickson 5k on Nov. 3</a>	5 points
Lunch and Learn 12:10 - 12:45 p.m. Room 3145 November 7: TBD	5 points
Participate in any organized, official activity event (ie: 5k, marathon, bike race, etc.)	10 points
Participate in Intramurals or a SOAP trip <a href="http://www.southern.edu/intramurals">www.southern.edu/intramurals</a> <a href="http://www.southern.edu/soap">www.southern.edu/soap</a>	5 points
Post a picture of you engaged in a healthy behavior on the employee wellness instagram account #sauemployeeewellness or on the Facebook Workgroup Employee Wellness Group	5 points
Utilize a standup desk, treadmill desk, or balance ball chair for at least 1 hour per day of work.	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 <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
<a href="#">Continue the Tri It Ironman (Complete an actual Ironman Length Triathlon over the course of the semester)</a>	20 points (Will be recorded in December)
<a href="#">Continue Wild Trails 200 - Accumulate 200 miles during the course of the semester (Swimming, Biking, Walking, Hiking, Running, Skating, Rollerblading)</a>	20 points (Will be recorded in December)
Write or e-mail at least 5 thoughtful notes of appreciation this month	5 points
Tree Hugger Challenge: (Enjoy Nature for 300 minutes over the next 30 days - about 10 minutes per day) (ie: lunch on a park bench, take a hike on a walking trail, go fishing, boating, camping, or to the beach) Can get it all in one day or spread it out.	10 points
Take a buddy to exercise with you at least 5 times this month	5 points
Have consistent devotions for a week (any 7 day period)	5 points
Eat 5 or more servings of fruits or vegetables per day for a week (any 7 day period)	5 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 November Activities