

<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
Maintain weight (for the month)	5 points
Lose Weight (3 pounds or more)	5 points
Check in and use the Hulsey Wellness Center at least 5 times (eligible for giftcard drawing)	5 points
Participate in the Sandy Erickson 5k on Nov. 5	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>	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.) for at least a 5k	5 points
Park and walk to workplace for at least 12 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
Complete an Ironman Length Triathlon over the course of the semester	20 points (Will be recorded in December)
Accumulate 200 miles during the course of the semester (Swimming, Biking, Walking, Hiking, Running, Skating, Rollerblading)	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 (Available end of November)	