

October Duck Points	Potential points
30 Minutes of Intentional Exercise for at least 12 days this month	5 points
Check-in and use the Hulsey Wellness Center at least 5 times.	5 points
Maintain Weight (for the month)	5 points
Lose Weight (3 pounds or more)	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> <small>Park in one of the following lots: VM, Collegedale Church, Above Upper Stateside Apartment Parking Lot, or Student Park</small> <small>Note: You can also walk or ride your bike from your house.</small>	5 points
Participate in Sunbelt Cohutta Springs Triathlon in a relay or as a volunteer (Oct. 6)	5 points
Complete the Sunbelt Cohutta Springs Triathlon as an individual (Oct. 6)	10 points
Lunch and Learn Thursdays 12:10 - 12:45 p.m. Room 3145 October 3 : Michael Specht and Kye Hache October 10: Dr. Phillip Samaan October 24: Dr. Harold Mayer and Lucas Valencas October 31: Marlene Geren	5 points each
Participate in any organized, official activity event (ie: 5k, marathon, bike race, etc.)	10 points
Participate in Susan Komen Walk/Volunteer on Oct. 13	5 points
Participate in the Duck Walk (Oct. 15 or 16)	5 points
Participate in one of the SDA 7 Bridges races in Chattanooga (Oct. 20)	10 points
Participate in Intramurals or a SOAP trip	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
Good Reception Challenge: (No television for 20 consecutive days or limit T.V. viewing to a single program, certain length of time, or only on weekends)	10 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
Continue the Tri It Ironman (Complete an actual Ironman Length Triathlon over the course of the semester)	20 points (Will be recorded in December)
Continue Wild Trails 200 - Accumulate 200 miles during the course of the semester (Swimming, Biking, Walking, Hiking, Running, Skating, Rollerblading)	20 points (Will be recorded in December)
Go to a Dental Checkup/Cleaning (Once per semester)	5 points
Have an Eye Exam (Once per semester)	5 points
Get a Physical Exam (Once per semester)	5 points
Participate in community service	5 points
Record my October Activities	