

October Duck Points	Potential points
Thirty (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 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 the Sunbelt Cohutta Springs Triathlon as an individual (Oct. 3)	10 points
Lunch and Learn Thursdays 12:10 - 12:45 p.m. October 7, October 21, October 28	5 points each
Participate in any organized, official activity event (ie: 5k, marathon, bike race, etc.)	10 points
Participate in the Duck Walk (Oct. 12 or 13)	5 points
Participate in the Southern Shuffle (Oct. 23)	5 points
Participate in the SDA 7 Bridges races at Cohutta Springs Youth Camp October 17	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 #sauemployeeewellness	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.	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 (Available at the end of October)	