

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 (Get Enrolled in a gift card drawing)	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. 1)	10 points
Participate in any organized, official activity event (ie: 5k, marathon, bike race, etc.)	10 points
Participate in the Duck Walk (Oct. 10 or 11)	5 points
Participate in the Southern Shuffle (Oct. 28)	5 points
Participate in the SDA 7 Bridges races October 15	10 points
Participate in Intramurals or a SOAP trip	5 points
Good Reception Challenge: (No screens for 5 consecutive days or limit viewing to a single program, certain length of time, or only on weekends)	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
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)
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)	