

September Duck Points	Potential points
View the Employee Wellness Website	5 points
Participated in We-Haul on July 28 or August 20 for at least 2 hours	5 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
Nothing but Water to Drink for One Week (Sept 8-14)	5 points
Participated in "Let's Move Day" Sunday, Sept. 15 by walking at least 1 mile or the equivalent on this day.	5 points
Donate Blood (August or September)	5 points
Use some type of wearable device (ie: fitbit, hr monitor, etc.)	5 points
Participate in any organized, official activity event (ie: 5k, marathon, bike race, etc.)	10 points
Better Blood Assessment results compared to last year	10 points
<p>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></p> <p><small>Note: You can also walk or ride your bike from your house.</small></p>	5 points
Start the Tri It Ironman (Complete an actual Ironman Length Triathlon over the course of the semester)	20 points (Will be recorded in December)
Start 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)
Give-Up Something for 20 out of 25 days (ie: give-up something that would affect your health in a negative way)	10 points
Had Blood Pressure Check Once During the Month	5 points
Participate in Intramurals or a SOAP trip www.southern.edu/intramurals www.southern.edu/soap	5 points
Once per semester	
Go to a Dental Checkup/Cleaning	5 points
Have an Eye Exam	5 points
Get a Physical Exam	5 points

[Record my September Activities](#)