

September Duck Points	Potential points
<a href="#">View the Employee Wellness Website</a>	5 points
Completed biometric screening on August 10 or 31 at the Hulsey Wellness Ctr.	10 Points
Participated in We-Haul for at least 2 hours	5 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
Visit a national park (Point Park is the closest) on National Public Land's Day - September 25 (Entry is free that day)	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 5-11)	5 points
Participate in "Let's Move Day" Sunday, Sept. 19, by walking at least 1 mile or the equivalent on this day	5 points
Donate blood in 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
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
<a href="#">Start the Tri It Ironman (Complete an actual Ironman Length Triathlon over the course of the semester)</a>	20 points (Will be recorded in December)
<a href="#">Start Wild Trails 200 - Accumulate 200 miles during the course of the semester (Swimming, Biking, Walking, Hiking, Running, Skating, Rollerblading)</a>	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
Have blood pressure check once during the month	5 points
Participate in Intramurals or a SOAP trip <a href="http://www.southern.edu/intramurals">www.southern.edu/intramurals</a> <a href="http://www.southern.edu/soap">www.southern.edu/soap</a>	5 points
Utilize a standup desk, treadmill desk, or balance ball chair for at least 1 hour perday of work	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 September Activities (Available end of September)	