

<b>September Duck Points</b>	<b>Potential points</b>
<a href="#">View the Employee Wellness Website</a>	5 points
Completed biometric screening on August 15 or 29 at the Hulsey Wellness Ctr.	10 Points
Participated in We-Haul for at least 2 hours	5 points
Participate in "Let's Move Day" Sunday, Aug. 27, by walking at least 1 mile or the equivalent on this day	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 (enrolled in giftcard drawing)	5 points
Maintain weight (for the month)	5 points
Lose Weight (3 pounds or more)	5 points
Visit a national park (Point Park is the closest) on National Public Land's Day - September 23 (Entry is free that day)	5 Points
Create your own adventure (hike, backpack, etc.) at least a 5k	5 points
Nothing but water to drink for one week (Sept 3-9)	5 points
Donate blood in August/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
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)
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)	