

#	December Duck Points	Points
1	Attend Financial Lunch & Learn - December 9	10
2	Create a budget for your holiday gift giving	5
3	Stretch for 10 or more minutes a day for any 7-day period	5
4	Greeting Challenge: Say hello or give a positive greeting to everyone you pass while walking on the sidewalk	5
5	Successfully complete the 12 Days of Wellness Activity (Dec. 1 - 12)	10
6	Skip dessert (candy, cookies, cakes, pies, etc) for any 3-day period	5
7	Thirty (30) minutes of intentional exercise at least 5 days between Dec. 1 - 10	5
8	Participate in any organized, official activity event (5k, marathon, bike race, etc.)	10
9	Create your own adventure (hike, backpack, etc.) at least a 5k	5
10	Park and walk to your workplace for at least 5 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
11	Zero Tolerance (Don't gain weight Nov. 14 - Dec 10)	5
12	Maintain weight (for the month)	5
13	Lose Weight (3 pounds or more)	5
#	Once per semester	Points
1	Over the course of the semester, complete the length of an ironman triathlon (swim = 2.4 miles) (bike - 112 miles) (run = 26.2 miles)	20
2	During the course of the semester, accumulate 200 miles (swimming, biking, walking, hiking, running, skating, rollerblading)	20
3	Participate in Intramurals www.southern.edu/intramurals	10
4	Participate in a SOAP trip www.southern.edu/soap	10
5	Go to a dental checkup/cleaning	5
6	Have an eye exam	5
7	Get a physical exam	5
8	Participate in community service	5
Record of my December Activities (Link will be sent at the end of December)		