

#	November Duck Points	Points
1	Attend Employee Potluck in the Student Park - Nov. 4	10
2	Tree Hugger Challenge: (Enjoy nature for 300 minutes over the next 30 days - about 10 minutes per day) (ie: lunch on a park bench, take a hike on a walking trail, go fishing, boating, camping, or to the beach) Can get it all in one day or spread it out.	10
3	Write or e-mail at least 5 thoughtful notes of appreciation this month	5
4	Take a buddy to exercise with you at least 5 times this month	5
5	30 Minutes of intentional exercise for at least 12 days this month	5
6	Check in and use the Hulsey Wellness Center at least 5 times (eligible for giftcard drawing)	5
7	Create your own adventure (hike, backpack, etc.) for at least a 5k	5
8	Participate in any organized, official activity event (5k, marathon, bike race, etc.)	10
9	Participate in the Sandy Erickson 5k on Nov. 5	5
10	Utilize a standup desk, treadmill desk, or balance ball chair for at least 1 hour per day of work	5
11	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
12	Have consistent devotions for a week (any 7-day period)	5
13	Eat 5 or more servings of fruits or vegetables per day for a week (any 7-day period)	5
14	Zero Tolerance (Don't gain weight during Thanksgiving Break!)	5
15	Maintain weight (for the month)	5
16	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 November Activities (Link will be sent at the end of November)		