

#	October Duck Points	Points
1	Thirty (30) minutes of intentional exercise for at least 12 days this month	5
2	Check in and use the Hulsey Wellness Center at least 5 times (Get Enrolled in a gift card drawing)	5
3	Create your own adventure (hike, backpack, etc.) at least a 5k	5
4	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.	10
5	Complete the Sunbelt Cohutta Springs Triathlon as an individual (Oct. 6)	10
6	Participate in the Duck Walk (Oct. 15 or 16)	5
7	Participate in the Southern Shuffle (Oct. 27)	10
8	Participate in the SDA 7 Bridges races October 20	10
9	Good Reception Challenge: (No screens for 5 consecutive days or limit viewing to a single program, certain length of time, or only on weekends)	5
10	Have consistent devotions for a week (any 7-day period)	5
11	Eat 5 or more servings of fruits or vegetables per day for a week (any 7-day period)	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	Accumulate 200 miles during the course of the semester (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 October Activities (Link will be sent at the end of October)		