

#	October 2025 Duck Points	Points
1	Fiber Lunch & Learn w/Beth Snyder on Oct. 21 at 12 p.m.	15
2	Thirty (30) minutes of intentional exercise for at least 12 days this month	5
3	Check in and use the Hulsey Wellness Center at least 5 times	5
4	Create your own adventure (hike, backpack, etc.) at least a 5k	5
5	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
6	Participate in the Duck Walk on Oct. 14 or 15	5
7	Participate in the SDA 7 Bridges races on Oct. 19	10
8	Participate in the Southern Shuffle on Oct. 26	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	Maintained or lost weight this month	5
13	Participate in Intramurals www.southern.edu/intramurals	10
#	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	Go to a dental checkup/cleaning	5
4	Have an eye exam	5
5	Get a physical exam	5
6	Participate in community service	5