

#	September Duck Points	Points
1	View the Employee Wellness Website (Click the link)	5
2	Completed biometric screening on August 14 at the Iles Gymnasium or September 10 at the Hulsey Wellness Center	10
3	Better blood assessment results compared to last year	10
4	Participated in We-Haul for at least 2 hours	5
5	Nothing but water to drink for one week (Sept 2-9)	5
6	Attend HR orientation on Ascend to Wholeness/Virgin Pulse - Sept. 10 at noon	15
7	Connect wearable device to Virgin Pulse platform	10
8	Thirty (30) minutes of intentional exercise for at least 12 days this month	5
9	Check-in and use the Hulsey Wellness Center at least 5 times (enrolled in giftcard drawing)	5
11	Have blood pressure check once during the month	5
12	Create your own adventure (hike, backpack, etc.) at least a 5k	5
13	Utilize a standup desk, treadmill desk, or balance ball chair for at least 1 hour per day of work	10
14	Participate in any organized, official activity event (5k, marathon, bike race, etc.)	10
15	Give up something for 20 out of 25 days (ie: give up something that would affect your health in a negative way)	10
10	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
16	Donate blood in August/September	5
17	Maintain weight (for the month)	5
18	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 September Activities (Link will be sent at the end of September)		