

#	September 2025 Duck Points	Points
1	Attend HR orientation on Ascend to Wholeness/Personify - Sept. 16 at noon	15
2	View the Employee Wellness Website (Click the link)	5
3	Participated in the Employee Wellness Assessment on August 14 or September 9	10
4	Better blood assessment results compared to last year	10
5	Participated in We-Haul for at least 2 hours	10
6	Nothing but water to drink for one week (Sept 1-8)	5
7	Connect wearable device to Personify platform	5
8	Thirty 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	5
10	Have blood pressure check once during the month	5
11	Create your own adventure (hike, backpack, etc.) at least a 5k	5
12	Utilize a standup desk, treadmill desk, or balance ball chair for at least 1 hour per day of work	10
13	Participate in any organized, official activity event (5k, marathon, bike race, etc.)	10
14	Give up something for 20 out of 25 days (ie: give up something that would affect your health in a negative way)	10
15	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	Maintained or lost weight this month	5
18	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	During the course of the semester, accumulate 200 miles (swimming, biking, walking, hiking, running, skating, rollerblading, etc.)	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