

**Warning: Check with your healthcare provider before starting a new exercise program or making lifestyle changes.**

Activity	Points	Category
Send a letter to your congressional representative to promote awareness of GI disorders	3000 points	Advocacy
Email Jamie DuMont, <a href="mailto:jmdumont@iffgd.org">jmdumont@iffgd.org</a> , with something that you learned watching an IFFGD video or reading an IFFGD publication	1000 points	Awareness\Education
Raise awareness about GI health (talking to others about GI disorders, sharing your illness journey story, posting about GI health on social media, etc.)	3000 points	Awareness\Education
Read an IFFGD publication from IFFGD publication library ( <a href="https://iffgd.org/resources/publication-library/">https://iffgd.org/resources/publication-library/</a> )	250 points per publication page	Awareness\Education
Visit IFFGD's Constipation website, <a href="http://www.aboutConstipation.org">www.aboutConstipation.org</a> , and explore content (15 minute increments)	3000 points per 15 minute increment	Awareness\Education
Visit IFFGD's Gastroparesis website, <a href="http://www.aboutGastroparesis.org">www.aboutGastroparesis.org</a> , and explore content (15 minute increments)	3000 points per 15 minute increment	Awareness\Education
Visit IFFGD's GERD website, <a href="http://www.aboutGERD.org">www.aboutGERD.org</a> , and explore content (15 minute increments)	3000 points per 15 minute increment	Awareness\Education
Visit IFFGD's GI Motility website, <a href="http://www.aboutGIMotility.org">www.aboutGIMotility.org</a> , and explore content (15 minute increments)	3000 points per 15 minute increment	Awareness\Education
Visit IFFGD's IBS website, <a href="http://www.aboutIBS.org">www.aboutIBS.org</a> , and explore content (15 minute increments)	3000 points per 15 minute increment	Awareness\Education
Visit IFFGD's Incontinence website, <a href="http://www.aboutIncontinence.org">www.aboutIncontinence.org</a> , and explore content (15 minute increments)	3000 points per 15 minute increment	Awareness\Education
Visit IFFGD's Kids GI website, <a href="http://www.aboutkidsgi.org">www.aboutkidsgi.org</a> , and explore content (15 minute increments)	3000 points per 15 minute increment	Awareness\Education
Visit IFFGD's main website, <a href="http://www.iffgd.org">www.iffgd.org</a> , and explore content (15 minute increments)	3000 points per 15 minute increment	Awareness\Education
Visit IFFGD's You and Constipation website, <a href="http://www.youandconstipation.org">www.youandconstipation.org</a> , and explore content (15 minute increments)	3000 points per 15 minute increment	Awareness\Education
Visit patient personal stories section of IFFGD website and read about patients in the GI community ( <a href="https://iffgd.org/personal-stories/">https://iffgd.org/personal-stories/</a> )	1000 points per story read	Awareness\Education
Visit patient personal stories section of IFFGD website and submit your story ( <a href="https://iffgd.org/personal-stories/">https://iffgd.org/personal-stories/</a> )	3000 points for submitting a personal story	Awareness\Education
Watch a video on IFFGD's YouTube channel (15 minute increments)	1000 points (per 15 minute increment)	Awareness\Education
Ask your healthcare provider practice to join or support the <b>IFFGD 2022 Digestive Health Wellness &amp; Walk Event</b> (they can register or make direct donation <a href="https://www.charityfootprints.com/IFFGD2022/donate?id=865">https://www.charityfootprints.com/IFFGD2022/donate?id=865</a> ) - This activity is valid from registration open date of 05/22/2022 to event end date of 07/16/2022 but you need to log the activity during event dates between 07/09-07/16	750 per ask \ bonus 5000 if they donate or register	Event Participation
Ask your healthcare provider practice to post the flyer\poster for the <b>IFFGD 2022 Digestive Health Wellness &amp; Walk Event</b> (post in office or on their social) This activity is valid from registration open date of 05/22/2022 to event end date of 07/16/2022 but you need to log the activity during event dates between 07/09-07/16	750 per ask \ bonus 750 if they post flyer	Event Participation
Create a team for <b>IFFGD 2022 Digestive Health Wellness &amp; Walk Event</b> and add\recruit team members. (This activity is valid from registration open date of 05/22/2022 to event end date of 07/16/2022 but you need to log the activity during event dates between 07/09-07/16)	5000 (Per team member registered)	Event Participation
Post a picture in the event platform <b>Scrapbook</b> - Suggestions include your view while you exercise, a pic of what your reading, etc.	450 points per post	Event Participation
Do you have a t-shirt from the 2021 walk event? Post a picture on Social with #Moves4GIhealth22 or in the event platform <b>Scrapbook</b>	500 points per post	Event Participation
Post a selfie or picture of you participating in an activity for the <b>IFFGD 2022 Digestive Health Wellness &amp; Walk Event</b> include #Moves4GIhealth22 in the post	750 points per post	Event Participation
Recruit a participant for the <b>IFFGD 2022 Digestive Health Wellness &amp; Walk Event</b> . (This activity is valid from registration open date of 05/22/2022 to event end date of 07/16/2022 but you need to log the activity during event dates between 07/09-07/16)	5000 (Per participant registered)	Event Participation

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<b>Share the IFFGD 2022 Digestive Health Wellness Event flyer or poster with your friends or a group</b> (virtually or physically) <b>or by hanging it locally</b> (at work, Starbucks, church, etc.) (This activity is valid from registration open date of 05/22/2022 to event end date of 07/16/2022 but you need to log the activity during event dates between 07/09-07/16)	650 points per share	Event Participation
<b>Share your IFFGD 2022 Digestive Health Wellness Event fundraising page on your social platforms</b> (This activity is valid from registration open date of 05/22/2022 to event end date of 07/16/2022 but you need to log the activity during event dates between 07/09-07/16)	2000 points(per platform)	Event Participation
<b>Use the event platform chat to engage with everyone in the event or with your Team members</b>	450 points per post	Event Participation
<b>Read the fact sheet shared in the event platform (Charity Footprints) chat by IFFGD rep</b>	275 points (per publication page)	Event Participation
<b>Try the recipe shared in the event platform (Charity Footprints)chat by IFFGD rep</b>	500 points	Event Participation
<b>Watch the video shared in the event platform (Charity Footprints) chat by IFFGD rep</b>	1000 points	Event Participation
<b>Donate clothing to a non-profit</b>	2500 points	Goodwill to Others
<b>Donate food to a non-profit</b>	2500 points	Goodwill to Others
<b>Donate money to a non-profit</b>	2500 points	Goodwill to Others
<b>Donate time to a non-profit</b> (30 minute increments)	3000 points (per 30 minute increment)	Goodwill to Others
<b>Scheduling a colonoscopy or work with a healthcare provider on an at-home colon cancer screening option</b>	6000 points	Goodwill to Others
<b>Check in on a friend, co-worker, neighbor, or family member</b> (Phone call, text, or meet for a meal!)	750 points	Self-care\Wellness
<b>Get Acupuncture or a massage</b>	300 points	Self-care\Wellness
<b>Increase your physical activity by 5 minutes</b> over the previous day	500 points	Self-care\Wellness
<b>Listen to music, podcast, or audiobook</b> (20 minute increments)	800 points (per 20 minute increment)	Self-care\Wellness
<b>Log food or fluid intake</b> (food diary)	100 points per item	Self-care\Wellness
<b>Log illness symptoms</b> (symptom diary)	100 points per item	Self-care\Wellness
<b>Meditate or do a breathing or relaxation technique</b> (10 minute increments)	750 points (per 10 minute increment)	Self-care\Wellness
<b>Pet an animal to help you relax and decompress</b> (5 minute increment)	500 points (per 5 minute increment)	Self-care\Wellness
<b>Play a game <u>with</u> friends, family, or co-workers</b> (online or in person)	500 points per game	Self-care\Wellness
<b>Quit smoking</b> (points awarded for each day during the event)	1000 points for each day	Self-care\Wellness
<b>Read a book, magazine, etc.</b> (20 minute increments)	800 points (per 20 minute increment)	Self-care\Wellness
<b>Schedule a healthcare provider appointment</b> (any type including an appointment for a wellness screening)	2000 points (per appointment)	Self-care\Wellness
<b>Sleep 8 hours in a day</b> (Points awarded per day of the event)	200 points (per day)	Self-care\Wellness
<b>Spend time on a Hobby</b> (knitting, crocheting, painting, crafting, etc.) (20 minute increments)	800 points (per 20 minute increment)	Self-care\Wellness
<b>Subscribe to IFFGD's monthly eNewsletter, Digestive Health Matters</b> ( <i>Sign Up for eNewsletter</i> located at the bottom of IFFGD.org page)	500 points	Self-care\Wellness
<b>Try a new gut healthy recipe</b> (food or smoothie)	725 points (per recipe)	Self-care\Wellness
<b>Work on a puzzle</b> (10 minute increments)	500 points (per 10 minute increment)	Self-care\Wellness
<b>Write in a journal</b> (5 minute increments)	275 points (per 5 minute increment)	Self-care\Wellness

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<b>Follow an IFFGD Social Media Platform (new follower)</b> @IFFGD on Twitter and Facebook, IFFGD on YouTube, and @DigestiveHealthMatters on Instagram	500 points (per social channel)	Social Media
<b>Like an IFFGD Social Media post</b>	50 points	Social Media
<b>Like an IFFGD YouTube video</b>	50 points	Social Media
<b>Loyal IFFGD Social Media follower</b> (existing follower)	600 points (per social channel)	Social Media
<b>Participate</b> in the event edition <b>@IFFGD Twitter Chat, GI Behavioral Health Therapy Tips , on Monday, July 11, 2022 at 3:00 p.m. EST</b> <b>Participation includes answering introduction question, asking question</b> (during chat, by DM to IFFGD, or via email prior to chat start), <b>liking a chat tweet, or retweeting a tweet from the chat.</b> Use #Moves4GIhealthTC	1000 points (per participation activity)	Social Media
<b>Post on your social about your participation in the 2022 IFFGD Digestive Health Wellness &amp; Walk Event</b> include #Moves4GIhealth22	1000 points	Social Media
<b>Share a gut friendly\healthy recipe (food or smoothie) on Social</b> include #Moves4GIhealth22	250 points (per social channel\per recipe)	Social Media
<b>Share an IFFGD Social Media post</b>	1000 points (per post shared)	Social Media
<b>Share an IFFGD YouTube video</b>	2500 points (per video shared)	Social Media