Warning: Check with your healthcare provider before starting a new exercise program or making lifestyle changes.	
Activity	**Points**
Send a letter to your congressional representative to promote awareness of GI disorders	3000 points
Email Jamie DuMont, jmdumont@iffgd.org, with something that you learned watching an IFFGD video or reading an IFFGD publication	1000 points
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
Read an IFFGD publication from IFFGD publication library (https://iffgd.org/resources/publication-library/)	250 points per publication page
Visit one of IFFGD's websites and explore content (15 minute increments) iffgd.org, aboutconstipation.org, aboutgastroparesis.org, about GERD.org, about ibs.org, aboutincontience.org, aboutgimotility.org, aboutkidsgi.org, youandconstipation.org	3000 points per 15 minute increment
Visit patient personal stories section of IFFGD website and read about patients in the GI community (https://iffgd.org/personal-stories/)	500 points per story read
Visit patient personal stories section of IFFGD website and submit your story (https://iffgd.org/personal-stories/)	3000 points for submitting a personal story
Watch a video on IFFGD's YouTube channel (15 minute increments)	1000 points (per 15 minute increment)
Ask your healthcare provider practice to join or support the *IFFGD 2023 Digestive Health Wellness & Walk Event* (they can register, make direct donation https://www.charityfootprints.com/IFFGD2023/donate?id=865 or post event flyer) - This activity is valid from registration open date of 05/07/2023 to event end date of 07/01/2023 but you need to log the activity during event dates between 06/24-07/01(	750 per ask \ bonus 750 if they donate, register, or post event flyer
Create a team for IFFGD 2023 Digestive Health Wellness & Walk Event and add\recruit team members. (This activity is valid from registration open date of 05/07/2023 to event end date of 07/01/2023 but you need to log the activity during event dates between 06/24-07/01)	5000 (Per team member registered)
Post a picture in the event platform Scrapbook - Suggestions include your view while you exercise, a pic of what your reading, etc.	450 points per post
Do you have a t-shirt from the 2021 or 2022 wellness event? Post a picture on S**ocial** with #Moves4GIhealth23 or in the event platform **Scrapbook**	500 points per post
Post a selfie or picture of you participating in an activity for the IFFGD 2023 Digestive Health Wellness & Walk Event include #Moves4GIhealth23 in the post	750 points per post
Did you participate in the 2021 or 2022 event? Here is a thank you!	300 points
Recruit a participant for the IFFGD 2023 Digestive Health Wellness & Walk Event. (This activity is valid from registration open date of 05/07/2023 to event end date of 07/01/2023 but you need to log the activity during event dates between 06/24-07/01)	4000 (Per participant registered)
Share your IFFGD 2023 Digestive Health Wellness Event fundraising page on your social platforms . (This activity is valid from registration open date of 05/07/2023 to event end date of 07/01/2023 but you need to log the activity during event dates between 06/24-07/01)	2000 points(per platform)
Use the event platform chat to engage with everyone in the event or with your Team members	450 points per post
Read the fact sheet shared in the event platform (Charity Footprints) **chat by IFFGD rep**	275 points (per publication page)
Watch the video shared in the event platform (Charity Footprints) **chat by IFFGD rep**	1000 points
Donate clothing, food or money to a non-profit	2500 points
Donate time to a non-profit (30 minute increments)	3000 points (per 30 minute increment)
Scheduling a colonoscopy or work with a healthcare provider on **an at-home colon cancer screening option**	6000 points
Check in on a friend, co-worker, neighbor, or family member (Phone call, text, or meet for a coffee\meal!)	750 points
Get Acupuncture or **a massage**	300 points

Activity	Points
Increase your physical activity by 5 minutes over the previous day	500 points
Listen to music, podcast, or audiobook (20 minute increments)	800 points (per 20 minute increment)
Log food or **fluid intake** (food diary)	100 points per item
Log illness symptoms (symptom diary)	100 points per item
Meditate or **do a breathing or relaxation technique** (10 minute increments)	750 points (per 10 minute increment)
Pet an animal to help you relax and decompress (5 minute increment)	500 points (per 5 minute increment)
Play a game <u>with</u> friends, family, or co-workers (online or in person)	500 points per game
Read a book, magazine, etc. (20 minute increments)	800 points (per 20 minute increment)
Schedule a healthcare provider appointment (any type including an appointment for a wellness screening)	2000 points (per appointment)
Sleep 8 hours in a day (Points awarded per day of the event)	200 points (per day)
Spend time on a Hobby (knitting, crocheting, painting, crafting, etc.) (20 minute increments)	800 points (per 20 minute increment)
Subscribe to IFFGD's monthly eNewsletter, Digestive Health Matters (*Sign Up for eNewsletter* located at the bottom of IFFGD.org page)	500 points
Try a new gut healthy recipe (food or smoothie)	725 points (per recipe)
Work on a puzzle (10 minute increments)	500 points (per 10 minute increment)
Write in a journal (5 minute increments)	275 points (per 5 minute increment)
Follow an IFFGD Social Media Platform (new follower) @IFFGD on Twitter and Facebook, IFFGD on YouTube, and @DigestiveHealthMatters on Instagram	500 points (per social channel)
Like an IFFGD Social Media post	50 points
Like an IFFGD YouTube video	50 points
Loyal IFFGD Social Media follower (existing follower)	600 points (per social channel)
Post on your social about your participation in the *2023 IFFGD Digestive Health Wellness & Walk Event* include **#Moves4GIhealth23**	1000 points
Share an IFFGD Social Media post	1000 points (per post shared)
Share an IFFGD YouTube video	2500 points (per video shared)

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