### IFFGD Wellness Self-care Activities 2024

#### Activity |
**Special Event: Attend Virtual Scientific Journal Club** with Dr. Amol Sharma on Monday, 07/08/2024 1:00 p.m. EST  | 3000 points
**Special Event: Attend Virtual Scientific Journal Club** with Dr. Kyle Staller on Wednesday, 07/10/2024 1:00 p.m. EST  | 3000 points
**Watch any of the IFFGD’s 5 Minutes in GI** video series [https://bit.ly/3ygReYs](https://bit.ly/3ygReYs)  | 1200 points (per video)
**Watch the video Training Trio Series - Upgrade, Surpass, Propel!** For tips on personal and professional growth.  | 1200 points (per video)
**Watch a video on IFFGD’s YouTube channel** (15 minute increments) [https://www.youtube.com/@IFFGD](https://www.youtube.com/@IFFGD)  | 1000 points (per 15 minute increment)
**Watch any of the cooking demonstration videos** released during the wellness event [https://bit.ly/4bt1xqu](https://bit.ly/4bt1xqu)  | 1200 points (per video)
**Make a cooking demonstration recipe** from the shared event videos  | 700 points (per recipe)
**Did you make the cooking demonstration recipe? Post a picture** in the event Scrapbook  | 500 points (per recipe)
**Log/Diary: Log** food, fluid intake, sleep, bowel movements, or illness symptoms to share with HCP  | 100 points per item
**Recipe: Try a new gut healthy recipe** (food or smoothie)  | 500 points (per recipe)
**Complete an IFFGD Coloring page**  | 500 points (per page)
**Post picture of completed IFFGD Coloring Sheet** in event Scrapbook  | 500 points (per page)

**Returning Wellness Event Participant? Here is a thank you!**  | 300 points
**Promote Wellness Event:** Ask your healthcare provider or business connection to join or support the event  | 750 per ask
**Schedule or attend a healthcare provider appointment** (any type including a wellness screening)  | 2000 points (per appointment)
**Sleep 8 hours in a day** (Points awarded per day of the event)  | 200 points (per day)
**Schedule a colonoscopy** or work with a healthcare provider on an at-home colon cancer screening  | 6000 points
**Meditate or do a breathing or relaxation technique** (10 minute increments)  | 750 points (per 10 minute increment)
**Listen to music, podcast, or audiobook** (20 minute increments)  | 800 points (per 20 minute increment)
**Relaxation:** Read, Hobby time (knitting, crafting, etc.), Journaling, Puzzles  (20 minute increments)  | 800 points (per 20 minute increment)
**Something new to you!** Try something new - hobby, activity, etc.  | 500 points (per new activity)
**Check in on a friend, co-worker, neighbor, or family member** (Phone call, text, or meet for a coffee\meal!)  | 750 points
**Pet an animal to help you relax and decompress** (5 minute increment)  | 500 points (per 5 minute increment)
**Play a game with** friends, family, or co-workers (online or in person)  | 500 points per game
**Increase your physical activity by 5 minutes** over the previous day  | 500 points
**Have a Massage or Acupuncture**  | 300 points
**Raise awareness about GI health** (talk about GI disorders to others, share your story, post on social media, etc.)  | 3000 points
**Donate** clothing, food, books, or money to a non-profit  | 2500 points
**Donate time to a non-profit** (30 minute increments)  | 3000 points (per 30 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)
**Loyal IFFGD Social Media follower** (existing follower)  | 600 points (per social channel)
**Share an IFFGD Social Media post or YouTube video**  | 1500 points (per post or video shared)
**Like an IFFGD Social Media post or YouTube Video**  | 50 points (per like)
**Post on social about your participation in the event** include #Moves4GIfhealth24  | 1000 points
**Share your 2024 event fundraising page** on your social platforms  | 2000 points (per platform)

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**Warning:** Check with your healthcare provider before starting a new exercise program or making lifestyle changes.
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<table>
<thead>
<tr>
<th>Activity</th>
<th>Points</th>
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<tbody>
<tr>
<td>Visit IFFGD’s websites and explore content (15 minute increments) iffgd.org, aboutconstipation.org, aboutgastroparesis.org, aboutGERD.org, about ibs.org, aboutincontience.org, aboutgimotility.org, aboutkidsgi.org, youandconstipation.org, youandibs.org</td>
<td>2500 points (per 15 minute increment)</td>
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<tr>
<td>Read patient stories (<a href="https://iffgd.org/personal-stories/">https://iffgd.org/personal-stories/</a>) &amp; learn about patients in the GI community</td>
<td>500 points per story read</td>
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<tr>
<td>Read an IFFGD publication from IFFGD publication library (<a href="https://iffgd.org/resources/publication-library/">https://iffgd.org/resources/publication-library/</a>)</td>
<td>250 points per publication page</td>
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<tr>
<td>Learn something from an IFFGD resource? Email Jamie DuMont, <a href="mailto:jmdumont@iffgd.org">jmdumont@iffgd.org</a>, with what you learned</td>
<td>1000 points</td>
</tr>
<tr>
<td>Subscribe to IFFGD’s monthly eNewsletter, Digestive Health Matters (Sign Up for eNewsletter on IFFGD.org page)</td>
<td>500 points</td>
</tr>
<tr>
<td>Already Subscribed to IFFGD’s monthly eNewsletter, Digestive Health Matters? Here is a thank you!</td>
<td>600 points</td>
</tr>
<tr>
<td>Advocacy: Contact your US government representative (email, social media, call, letter, appointment) to promote awareness of GI disorders</td>
<td>3000 points</td>
</tr>
</tbody>
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