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Activity	Points	Potential Points
New! Watch any of the <i>IFFGD's 5 Minutes in GI</i> video series on IFFGD's YouTube Channel (per video)	1400 points (per video)	8400
New! Watch any of the recipe demonstration video released during the wellness event on IFFGD's YouTube Channel (per video)	1200 points (per video)	4800
New! Complete an IFFGD Coloring page https://bit.ly/3zoD4oC (per page)	500 points (per page)	4500
New! Post picture of completed IFFGD Coloring Sheet in event Scrapbook* (per page post)	500 points (per page)	4500
Wellness Event: Complete & Submit 2024 Wellness Event Survey (link to be provided 07/12/2024 in event chat)	4000 points	4000
Increase your physical activity by 5 minutes over the previous day	500 points	4000
Donate time to a non-profit (per 30 minute increments)	3000 points (per 30 minute increment)	3000 minimum
Raise awareness about GI health (talk about GI disorders to others, share your story, post on social media, etc.)	3000 points	3000 minimum
Advocacy: Contact your US government representative (email, social media, call, letter, appointment) to promote awareness of GI disorders. Contact template: https://bit.ly/3zoD4oC (per representative)	3000 points (per representative)	3000 minimum
Special Event: Attend Virtual Scientific Journal Club with Dr. Amol Sharma on Monday, 07/08/2024 1:00 p.m. EST for <i>Meditation and Yoga for Irritable Bowel Syndrome: A Randomized Clinical Trial</i> https://bit.ly/3RPPyF9 Registration: https://bit.ly/4clEa2S	3000 points	3000
Special Event: Attend Virtual Scientific Journal Club with Dr. Kyle Staller on Wednesday, 07/10/2024 1:00 p.m. EST for <i>Amitriptyline at Low-Dose and Titrated for Irritable Bowel Syndrome as Second-Line Treatment in primary care (ATLANTIS): a randomised, double-blind, placebo-controlled, phase 3 trial</i> https://bit.ly/3L6LKCC Registration: https://bit.ly/3xrGWoj	3000 points	3000
Schedule\Have a colonoscopy or work with a healthcare provider on an at-home colon cancer screening	3000 points	3000
New! Make a recipe demonstration recipe (per recipe)	700 points (per recipe)	2800
Wellness Event: Share your 2024 event fundraising page on your social platforms (per platform)	2500 points (per platform)	2500 minimum
Visit IFFGD's websites and explore content (15 minute increments) iffgd.org , aboutconstipation.org , aboutgastroparesis.org , aboutGERD.org , aboutibs.org , aboutincontinence.org , aboutgimotility.org , aboutkidsgi.org , youandconstipation.org , youandibs.org (per 15 minutes)	2500 points (per 15 minute increment)	2500 minimum
Special Event: Attend any Video Premiere on 07/06 or 07/07 on IFFGD's YouTube Channel (per premiere)	500 points (per premiere)	2500
Donate clothing, food, books, or money to a non-profit	2500 points	2500
Schedule or attend a healthcare provider appointment - any type including a wellness screening (per appointment)	2000 points (per appointment)	2000 minimum
New! Post a picture of the demo recipe made in the event Scrapbook* (per recipe)	500 points (per recipe)	2000
New! Watch the <i>Training Trio Series - Upgrade, Surpass, Propel!</i> This 34 micro-session video series is less than 45 minutes total and serves as a Life Improvement mini-course. It is a power pack of information and activities that will help you get better in any area of life. on IFFGD's YouTube Channel. https://bit.ly/3zgRSFI (per video)	50 points (per video)	1700
Sleep 8 hours in a day (Points awarded per day of the event)	200 points (per day)	1600
Share an IFFGD Social Media post or YouTube video (per share)	1500 points (per share)	1500 minimum
Wellness Event: Social post about your participation in the event & include #Moves4GIhealth24 (per post)	1000 points (per post)	1000 minimum
Watch a video on IFFGD's YouTube channel (15 minute increments) https://www.youtube.com/@IFFGD (per 15 minutes)	1000 points (per 15 minute increment)	1000 minimum
Learn something from an IFFGD resource? Email Jamie DuMont , jmdumont@iffgd.org , with what you learned (per learning)	1000 points (per learning)	1000 minimum
New! Complete Activity Sheet for <i>Training Trio Series - Upgrade, Surpass, Propel!</i> https://bit.ly/3xvQ23c (per sheet)	500 points (per sheet)	1000
Listen to music, podcast, or audiobook (20 minute increments)	800 points (per 20 minute increment)	800 minimum
Relaxation: Read, Hobby time (knitting, crafting, etc.), Journaling, Puzzles (20 minute increments)	800 points (per 20 minute increment)	800 minimum
Check in on a friend, co-worker, neighbor, or family member (Phone call, text, or meet for a coffee\meal!) (per check-in)	800 points (per check-in)	800 minimum
Share your GI patient journey story (https://iffgd.org/share-your-story/)	800 points	800
Wellness Event: Promote! Ask your healthcare provider or business connection to join or support the event (per ask)	750 points (per ask)	750 minimum
Wellness Event: Invite! Invite someone to join the wellness event as a participant or donor. Do it from your account in Charity Footprints Desktop to earn extra points for engagement*. (per invite)	750 points (per invite)	750 minimum
Jazzercise: Participate in a Livestream Jazzercise class! (Livestream: https://myfitpro.com/jazzercise-mt-pleasant) Password: BetterHealth (per class)	750 points per class	750 minimum

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Meditate or do a breathing or relaxation technique (10 minute increments)	750 points (per 10 minute increment)	750 minimum
Already Subscribed to IFFGD's monthly eNewsletter, Digestive Health Matters? Here is a thank you!	700 points	700
Loyal (existing) IFFGD Social Media follower (per social channel)	600 points (per social channel)	600 minimum
Read patient stories (https://iffgd.org/personal-stories/) & learn about patients in the GI community (per story)	600 points (per story)	600 minimum
Subscribe to IFFGD's monthly eNewsletter, Digestive Health Matters (<i>Sign Up for eNewsletter</i> on IFFGD.org page)	600 points	600
New! Something new to you! Try something new - hobby, activity, etc. (per new activity)	500 points (per new activity)	500 minimum
Pet an animal to help you relax and decompress (5 minute increment)	500 points (per 5 minute increment)	500 minimum
Play a game with friends, family, or co-workers (online or in person)	500 points (per game)	500 minimum
Recipe: Try a new gut healthy food or smoothie recipe (per recipe)	500 points (per recipe)	500 minimum
Follow an IFFGD Social Media Platform (new follower) @IFFGD on Twitter and Facebook, IFFGD on YouTube, and @DigestiveHealthMatters on Instagram (per social channel)	500 points (per social channel)	500 minimum
Wellness Event: Returning Event Participant? Here is a thank you!	300 points	300
Get a Massage or Acupuncture	300 points	300
Wellness Event: New Event participant? Welcome!	275 points	275
Read an IFFGD publication from IFFGD publication library https://iffgd.org/resources/publication-library/ (per publication page)	250 points (per publication page)	250 minimum
Log\Diary: Log food, fluid intake, sleep, bowel movements, or illness symptoms to share with HCP (per item)	100 points (per item)	100 minimum
Like an IFFGD Social Media post or YouTube Video (per like)	100 points (per like)	100 minimum