

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

Activity	Points
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/3RPPy9	
Registration: https://bit.ly/4clEa2S	3000 points
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
Special Event: Attend any Video Premiere on 07/06 or 07/07 on IFFGD's YouTube Channel (per premiere)	500 points (per premiere)
New! Watch any of the IFFGD's 5 Minutes in GI video series on IFFGD's YouTube Channel (per video)	1400 points (per video)
New! Watch any of the recipe demonstration video released during the wellness event on IFFGD's YouTube Channel (per video)	1200 points (per video)
New! Make a recipe demonstration recipe (per recipe)	700 points (per recipe)
New! Post a picture of the demo recipe made in the event Scrapbook* (per recipe)	500 points (per recipe)
New! Watch the Training Trio Series - Upgrade, Surpass, Propel! 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)
New! Complete Activity Sheet for Training Trio Series - Upgrade, Surpass, Propel! https://bit.ly/3xvQ23c (per sheet)	500 points (per sheet)
New! Complete an IFFGD Coloring page https://bit.ly/3zoD4oC (per page)	500 points (per page)
New! Post picture of completed IFFGD Coloring Sheet in event Scrapbook* (per page post)	500 points (per page)
New! Something new to you! Try something new - hobby, activity, etc. (per new activity)	500 points (per new activity)
Wellness Event: Returning Event Participant? Here is a thank you!	300 points
Wellness Event: New Event participant? Welcome!	275 points
Wellness Event: Social post about your participation in the event & include #Moves4GIhealth24 (per post)	1000 points (per post)
Wellness Event: Share your 2024 event fundraising page on your social platforms (per platform)	2500 points (per platform)
Wellness Event: Promote! Ask your healthcare provider or business connection to join or support the event (per ask)	750 points (per ask)
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)
Wellness Event: Complete & Submit 2024 Wellness Event Survey (link to be provided 07/12/2024 in event chat)	4000 points
Jazzercise: Participate in a Livestream Jazzercise class! (Livestream: https://myfitpro.com/jazzercise-mt-pleasant) Password: BetterHealth (per class)	750 points per class
Pet an animal to help you relax and decompress (5 minute increment)	500 points (per 5 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)
Meditate or do a breathing or relaxation technique (10 minute increments)	750 points (per 10 minute increment)
Get a Massage or Acupuncture	300 points
Sleep 8 hours in a day (Points awarded per day of the event)	200 points (per day)
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)
Play a game with friends, family, or co-workers (online or in person)	500 points (per game)
Recipe: Try a new gut healthy food or smoothie recipe (per recipe)	500 points (per recipe)
Increase your physical activity by 5 minutes over the previous day	500 points
Log\Diary: Log food, fluid intake, sleep, bowel movements, or illness symptoms to share with HCP (per item)	100 points (per item)
Donate clothing, food, books, or money to a non-profit	2500 points

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Donate time to a non-profit (per 30 minute increments)	3000 points (per 30 minute increment)
Schedule or attend a healthcare provider appointment - any type including a wellness screening (per appointment)	2000 points (per appointment)
Schedule\Have a colonoscopy or work with a healthcare provider on an at-home colon cancer screening	3000 points
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)
Share an IFFGD Social Media post or YouTube video (per share)	1500 points (per share)
Like an IFFGD Social Media post or YouTube Video (per like)	100 points (per like)
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)
Loyal (existing) IFFGD Social Media follower (per social channel)	600 points (per social channel)
Subscribe to IFFGD's monthly eNewsletter, Digestive Health Matters (<i>Sign Up for eNewsletter</i> on IFFGD.org page)	600 points
Already Subscribed to IFFGD's monthly eNewsletter, Digestive Health Matters? Here is a thank you!	700 points
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)
Read patient stories (https://iffgd.org/personal-stories/) & learn about patients in the GI community (per story)	600 points (per story)
Share your GI patient journey story (https://iffgd.org/share-your-story/)	800 points
Read an IFFGD publication from IFFGD publication library https://iffgd.org/resources/publication-library/ (per publication page)	250 points (per publication page)
Learn something from an IFFGD resource? Email Jamie DuMont, jmdumont@iffgd.org , with what you learned (per learning)	1000 points (per learning)
Raise awareness about GI health (talk about GI disorders to others, share your story, post on social media, etc.)	3000 points
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)