

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

Activity	Points
<b>Special Event: Attend Virtual Scientific Journal Club with Dr. Allen Lee</b> on Monday, 08/25/2025 12:00 p.m. EST <b>Register HERE:</b> <a href="https://bit.ly/45aap3P">https://bit.ly/45aap3P</a> <b>Article:</b> <i>Endoscopic pyloromyotomy for the treatment of severe and refractory gastroparesis: a pilot, randomized, sham-controlled trial</i> <a href="https://pubmed.ncbi.nlm.nih.gov/35470243/">https://pubmed.ncbi.nlm.nih.gov/35470243/</a>	3000 points
<b>Special Event: Attend Virtual Scientific Journal Club with Dr. Ali Rezaie</b> on Wednesday, 08/27/2025 5:00 p.m. EST <b>Register HERE:</b> <a href="https://bit.ly/4m4kvJs">https://bit.ly/4m4kvJs</a> <b>Article:</b> <i>Elemental Diet as a Therapeutic Modality: A Comprehensive Review</i> <a href="https://pubmed.ncbi.nlm.nih.gov/39001958/">https://pubmed.ncbi.nlm.nih.gov/39001958/</a>	3000 points
<b>New! Complete IFFGD Word Search sheet</b> <a href="https://bit.ly/4khlWCL">https://bit.ly/4khlWCL</a>	600 Points
<b>New! Virtual Scavenger Hunts</b> - 3 level games (points per level) <a href="https://bit.ly/4khlWCL">https://bit.ly/4khlWCL</a>	850 Points (per level)
<b>New! Recipe Swap</b> Submit a favorite recipe to share! Submission info available at <a href="https://bit.ly/4khlWCL">https://bit.ly/4khlWCL</a>	200 points (per recipe)
<b>Awareness: GI Patient? Share</b> your GI patient journey story ( <a href="https://iffgd.org/share-your-story/">https://iffgd.org/share-your-story/</a> )	1000 points
<b>Awareness: Read patient stories</b> ( <a href="https://iffgd.org/personal-stories/">https://iffgd.org/personal-stories/</a> ) to learn about patients in the GI community (per story)	300 points (per story)
<b>Awareness: Use IFFGD advocacy template</b> (cc/screenshot to jmdumont@iffgd.org) to <b>Contact</b> your US government representative (email/ social media) to promote awareness of GI disorders. (per representative) <b>Contact template:</b> <a href="https://bit.ly/4khlWCL">https://bit.ly/4khlWCL</a>	2000 points (per representative)
<b>IFFGD: Read an IFFGD publication</b> from IFFGD publication library <a href="https://iffgd.org/resources/publication-library/">https://iffgd.org/resources/publication-library/</a> (per publication page)	250 points (per publication page)
<b>IFFGD: Subscribe</b> (existing or new) to <b>IFFGD's monthly eNewsletter</b> , Digestive Health Matters: <b>Existing</b> or <b>New</b> subscriber (Sign Up IFFGD.org page)	500 points
<b>IFFGD: Explore IFFGD's website content</b> (15 minute increments) on any of IFFGD's websites: <a href="http://iffgd.org">iffgd.org</a> , <a href="http://aboutconstipation.org">aboutconstipation.org</a> , <a href="http://aboutgastroparesis.org">aboutgastroparesis.org</a> , <a href="http://aboutGERD.org">aboutGERD.org</a> , <a href="http://aboutibs.org">aboutibs.org</a> , <a href="http://aboutincontinence.org">aboutincontinence.org</a> , <a href="http://aboutgimotility.org">aboutgimotility.org</a> , <a href="http://aboutkidsgi.org">aboutkidsgi.org</a> , <a href="http://youandconstipation.org">youandconstipation.org</a> , <a href="http://youandibs.org">youandibs.org</a> (per 15 minutes)	500 points (per 15 minute increment)
<b>Philanthropy: Donate</b> clothing, food, books, money or time to a non-profit	1500 points
<b>Scrapbook: Post IFFGD</b> or other <b>Coloring Sheet</b> completed in event Scrapbook (also awards engagement points!) (per page post)	250 points (per page)
<b>Social Media: Follow IFFGD Social Media Platform</b> (new & existing follower) Follow @IFFGD on Twitter and Facebook, IFFGD on YouTube, and @DigestiveHealthMatters on Instagram (per social channel)	500 points (per social channel)
<b>Social Media: Post about the event &amp; include #Moves4GIhealth25</b> (per post)	750 points (per post)
<b>Social Media: Share or Like an IFFGD Social Media post or YouTube video</b> (per share)	500 points (per share or like)
<b>Social Media: Share your 2025 event fundraising page</b> on your <b>social platforms</b> (per platform)	1000 points (per platform)
<b>Wellbeing: Check in on</b> a friend, co-worker, neighbor, or family member (Phone call, text, or meet for a coffee\meal!) (per check-in)	600 points (per check-in)
<b>Wellbeing: Complete an IFFGD or other Coloring page.</b> <i>IFFGD 2025 coloring book:</i> <a href="https://bit.ly/44LgWSE">https://bit.ly/44LgWSE</a> (per page)	500 points (per page)
<b>Wellbeing: Meditate</b> or do a <b>breathing or relaxation technique</b> (10 minute increments)	300 points (per 10 minute increment)
<b>Wellbeing: Pet an animal</b> to help you <b>relax</b> and <b>decompress</b> (5 minute increment)	250 points (per 5 minute increment)
<b>Wellbeing: Play a game with</b> friends, family, or co-workers (online or in person)	600 points (per game)
<b>Wellbeing: Read, listen to audiobook, music or podcast, hobby time</b> (knitting, crafting, etc.), journaling, puzzles (20 minute increments)	300 points (per 20 minute increment)
<b>Wellbeing: Schedule or attend a healthcare provider appointment (as the patient)</b> - <u>any type</u> including a wellness screening (per appointment)	2000 points (per appointment)
<b>Wellbeing: Sleep 8 hours</b> in a day (Points awarded per day of the event)	200 points (per day)
<b>Wellbeing: Something new to you!</b> Try something new - hobby, activity, etc. (per new activity)	500 points (per new activity)
<b>Wellbeing: Try a new gut healthy food or smoothie recipe</b> (per recipe)	500 points (per recipe)
<b>Wellness Event: Complete &amp; Submit 2025 Wellness Event Survey</b> (link to be provided 08/29 & 8/30 in event chat)	2000 points
<b>Wellness Event: Invite!</b> Invite someone to join the wellness event as a participant or donor. Do it from your account in Charity Footprints Desktop to automatically earn extra points for engagement. (per invite)	750 points (per invite)
<b>YouTube: Watch a video on IFFGD's YouTube channel</b> (15 minute increments) <a href="https://www.youtube.com/@IFFGD">https://www.youtube.com/@IFFGD</a> (per 15 minutes)	500 points (per 15 minute increment)
<b>YouTube: Watch a Virtual Scientific Journal Club</b> on IFFGD's YouTube Channel (per video) <a href="http://bit.ly/4f0FwSL">http://bit.ly/4f0FwSL</a>	2000 points (per video)
<b>YouTube: Watch any of the IFFGD's 5 Minutes in GI</b> video series <a href="https://bit.ly/3ygReYs">https://bit.ly/3ygReYs</a> on IFFGD's YouTube Channel <a href="https://www.youtube.com/@IFFGD">https://www.youtube.com/@IFFGD</a> (per video)	1000 points (per video)
<b>YouTube: Watch any of the recipe demonstration</b> videos on IFFGD's YouTube Channel (per video) <a href="https://bit.ly/4bt1xqu">https://bit.ly/4bt1xqu</a>	550 points (per video)