ACTIVITY TRACKER

LiveHealthyNebraska.com

This Activity Tracker should be used to keep track of your activity points throughout the week. For these minutes to officially be recorded, you must go to **LiveHealthyNebraska.org** every Friday, log on to your LHN dashboard and click on the ***"Record My Data"*** button. If you have questions, please email info@livehealthynebraska.org or call 402-471-2544.

DATE	ACTIVITY	HOURS	MINUTES

ACTIVITIES:

Aerobics, Archery, Badminton, Balance Ball, Baseball, Basketball, Bicycling, Bowling, Boxing, Calisthenics, Canoeing, Cheerleading, Circuit Training, Cross-country Skiing, Curling, Dancing, Diving, Dojo's Interval Training, Dojo's Kickboxing, Downhill Skiing, Elliptical Trainer, Fencing, Field Hockey, Foot Bag, Football, Frisbee, FXB Kickboxing, FXB Resistance Training, Golfing, Gymnastics, Handball, Hiking, Horse Shoe Pitching, Ice Hockey, Ice Skating, In-line Skating, Jai Alai, Jazzercise, Jumping Rope, Kayaking, Kettlenetics, Kickboxing, Lacrosse, Martial Arts, Mountain Biking, Paddleball, Pilates, Raquetball, Rock-climbing, Roller Skating, Rowing, Rugby, Running, Scuba Diving, Skateboarding, Skiing, Snorkeling, Snowboarding, Snowshoeing, Soccer, Softball, Spinning, Stair Stepping, Stationary Bike, Strength Training, Stretching, Surfing, Swimming, Tai Chi, Tennis, Trampoline, Unicycling, Volleyball, Walking, Wallyball, Water Aerobics, Water Polo, Water Skiing, Weight Lifting, Whitewater Rafting, Wii Fitness, Wind Surfing, Wrestling, Yoga, Zumba