



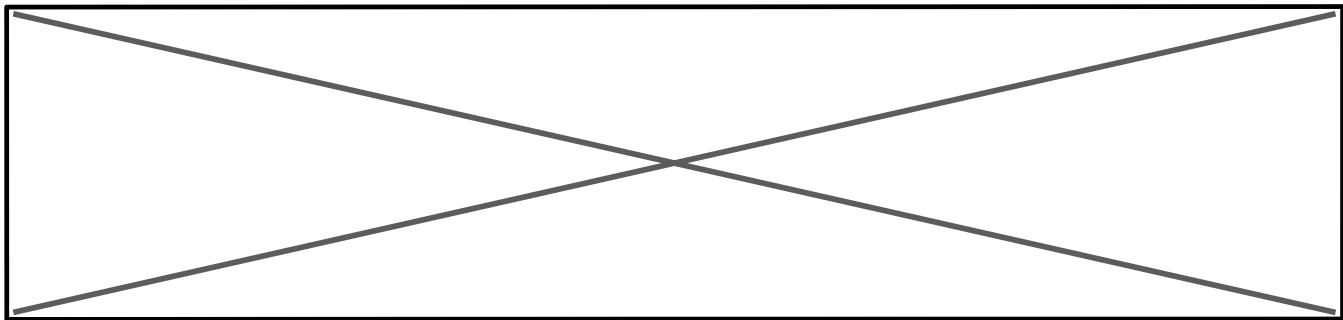
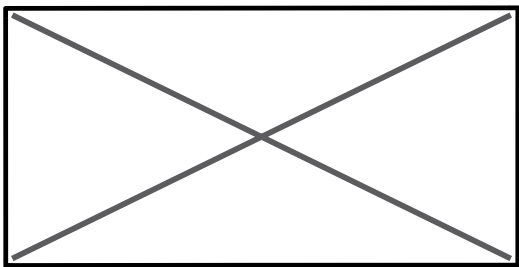
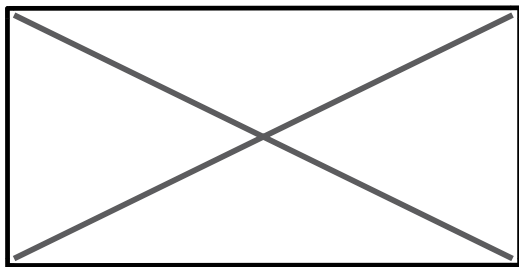
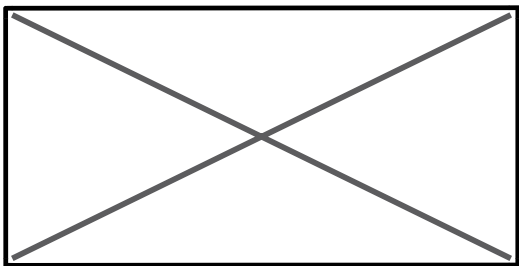
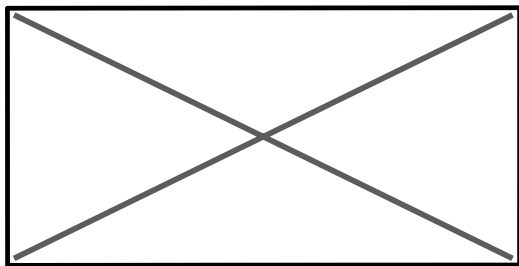
# Nature Points

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Welcome to the website for the Nature Points calculator. Feel your best!

Studies have shown that exposure to nature benefits one's health both emotionally and physically. It reduces feelings of anger, fear, and stress. And it increases pleasant feelings. It's also shown to reduce heart rate, blood pressure, muscle tension, and the production of stress hormones. This website is dedicated to helping you take advantage of what's just outside the door, nature. On the next page you will find an application that you can use to count what we call "nature points." Make it your goal to reach 100 points a week!

Version 2.0 now allows you to track your points over long spans of time. Strive for a monthly goal. Track your points over 12 months to earn a gift card to a local Outdoors Store.



The Calculator

X

https://naturepoints.com/calculator

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The Nature Points Calculator

Select your activities for the week. Strive for 100 points per week!

☐ A Hike in Nature

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☐ Outdoor Yoga

☐ A Hike in Nature

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☐ Outdoor Yoga

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☐ Outdoor Yoga

Calculate Nature Points

Point Summary

https://naturepoints.com/pointsummary

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Your year-to-date point total!

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About

Nature Points was founded in 2020 by Jerimiah Hinnen. The site is here to promote activities in the outdoors.



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Nature Points

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Login to track your points for the year!

Username

Password

Submit