Points to AhealthyU Activity Tracker

First & Last Name	
AU ID	
Submit form by	**May 31, 2024**
Total Points Earned	0

Keep track of your points! To redeem, you need a minimum of 10 points. Log your participated events on the tracker, then email it to ahealthyu@american.edu when you're ready to submit it. Visit the Points to AhealthyU webpage for eligible events and extra tracking sheets.

Your "Total Points Earned" automatically updates as you track your activities.

Event Date	Name of Event	Points Earned	Comments (if needed)

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