



Points to AhealthyU Activity Tracker

First & Last Name	
AU ID	
Submit form by	December 13, 2024
Total Points Earned	

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.

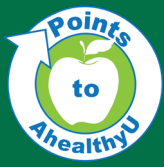
Your "Total Points Earned" automatically updates as you track your activities.

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



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