



Points to AhealthyU Activity Tracker

| | |
|------------------------------|------------------------|
| First & Last Name | |
| AU ID | |
| Submit form by | August 31, 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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