Logging Points

To log your points for each activity or goal, enter the number of times since you last submitted a response that you completed each goal.

**For example:** If I used my list of personal affirmations one time to cheer me up on a day when I was feeling down, I could either type the number 1 in the box OR use the arrows to indicate the number 1 (see below)

![Create a list of personal affirmations and refer back to it when you are feeling down [15 pts]](image)

Some activities or goals have a separate text box to provide more information after marking the number of times you completed an activity/goal. For these text boxes, please describe what you did to accomplish your goal (see example below)

![Try out a new hobby [20 pts]](image)

**What new hobby did you try?**

I learned how to bake bundt cakes!
After logging the points for all of your activities, click “Submit” at the bottom of the form. Note that the points automatically total as you add activities.

You will receive an email confirmation and your points will load to a database for your team!

**Important Notes**
- Each member of a team should log their own points. Do not log the total points for all team members.
- The deadline for submitting points for each week is Sunday at 11:59pm. Points logged after that will count toward the next week’s scores.

If you have any issues or questions about logging your points, please contact Andrew Horne (hornea16@ecu.edu) or Kira Hicks (hicksk15@students.ecu.edu).