As we begin the process of green cared sponsorship we must calculate your H-1B max out date to help prepare a timeline. Days spent outside of the United States during the validity period of an H-1B petition will not be counted toward the 6-year maximum period of stay in the United States in H-1B status. When a beneficiary applies for an extension of stay, days spent outside the United States can be "recaptured and added back to his or her total maximum period of stay," provided those absences are properly documented. Please use the chart below to document all trips you have taken since you have been in valid H-1B status.

Initial H-1B Start Date: 10/01/2016

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Trip # | Date of Departure from US | Date of Reentry into US | Number of Days physically outside of the US | Proof of Evidence to support this trip |
| Example: 1 | NA | 03/24/2016 | 0 | None |
| 1 |  |  |  |  |
| 2 |  |  |  |  |
| 3 |  |  |  |  |
| 4 |  |  |  |  |
| 5 |  |  |  |  |
| 6 |  |  |  |  |
| 7 |  |  |  |  |