Add all the departure and arrival dates under your current visa. You can find those on your most recent I-94. This only exists digitally and gets issued every time you enter the States.

Find your most recent I-94 and your travel history:

- Go to <a href="https://i94.cbp.dhs.gov/home">https://i94.cbp.dhs.gov/home</a>
- Click on "get most recent I-94"



 A window with the terms of service opens. Scroll all the way to the end and click I acknowledge and agree



- On the next page enter your traveler info and click continue
- You should now have your I-94 travel history. Save it as a pdf so you can access it when you fill out the form.