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| ACTIVITY CODES  *Formal CPD*  A1. Courses, conferences, seminars, workshops attended  A2. Training/studying for credential(s)  A3. Distance-education courses/modules you completed  A4. Presentations you gave, articles/books published, posters presented, courses you taught  A5. Other  *Informal CPD*  B1. Consulting with peers, informal rounds with colleagues, mentoring (mentor or mentee)  B2. Reading journals/texts, CVO publications; reviewing videos/DVDs for specific goals  B3. Independent research or using other resources  B4. Professional contributions (committee work, peer reviews)  B5. Other |  | **Name……..**  **Membership Number…..**  **Period From………………………. To ……………………….** |
| LEARNING OUTCOME CODES  1. I changed or modified/plan to modify my practice based on this learning activity  2. I pursued/will pursue additional information  3. The findings of this activity reaffirmed or enhanced my knowledge, and no change to my practice is needed at this time |

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| **Date** | **Activity venue / organiser** | **Activity Code** | **Subject matter** | **Learning Outcome** | **Code (1,2,3)** | **Hours (Formal)** | **Hours (Informal)** |
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I declare that the information provided in this Record is true and correct. (Note: Proof of attendance may be requested)

SIGNATURE:                                                                                      DATE