

# Personal record sheet of CPD undertaken

To be retained by the member for six years

## A. Structured CPD

i) Conferences, seminars, workshops and discussion meetings and other interactive media

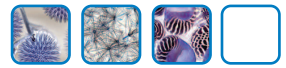
Date	Title	Course provider	CPD hours assessed

ii) Preparation of lectures and other forms of presentation

Date	Lecture/presentation details	CPD hours

iii) Writing

Date	Title	CPD hours



iv) Forms of learning with interaction with others

Date	Lecture/presentation details	CPD hours

Total of structured CPD ..... hours

**B. Unstructured CPD**

i) Reading

Date	Details	Estimated reading time - hours per annum



ii) Research and preparation for meetings

Date	Details	Hours spent

iii) Forms of learning with no interaction with others

Date	Details	Hours spent

Total of unstructured CPD ..... hours