

Activity log example:

Name:

Registration number:

Cycle period:

Date	Hours completed	Evidence of verifiable CPD? (e.g. certificate)	Title, provider and content of CPD activity	Development outcome(s)	How did this activity benefit my daily work?
<i>The date(s) which you undertook the CPD activity.</i>	<i>CPD hours as confirmed by the relevant certificate.</i>	<i>Please ensure you gain evidence for all verifiable activity that you are counting for your CPD record.</i>	<i>Title that the provider uses, name of provider, and what was covered in activity.</i>	<i>A, B, C, D</i>	<i>In reflecting on your CPD activity, you might like to think about the following:</i> <ul style="list-style-type: none"> • <i>What did you learn (or confirm) from the activity that was helpful or relevant to your daily work and patients?</i> • <i>Did you identify any changes/updates needed in your daily work, and if so, what? How did you make these changes?</i> • <i>If you didn't identify changes needed, what did the activity confirm for you, that you may already know or be doing?</i> • <i>What was the benefit to your work and/or your patients in carrying out this activity?</i>