You may enter your Learning Plan on the CDR website at www.cdrnet.org

Please print in capital letters using a black pen.

Registration No: [aaadllaq]
Last: FRANCISCO
First Name: LISA

CDR Credential: (select only one) ☑ RD or ☐ DTR
- This is the FIRST Learning Plan for this recertification cycle, OR
- This is a REPLACEMENT of a Learning Plan submitted earlier
  (You must submit a complete Learning Plan. The plan you submit
to will replace, not add to the Learning Plan you submitted earlier)

Middle Initial: [A]
This is for my 5-year cycle starting: [00 01 12]
Daytime Telephone: [773 555 1234]

Mail this form to CDR or enter this information on the CDR website at www.cdrnet.org. If you enter the information on the website, do not mail this form to CDR. Keep a copy for your records for 1 year beyond the end of your recertification cycle. See Professional Development Portfolio Guide for specific requirements.

APPROVED TYPES OF CONTINUING PROFESSIONAL EDUCATION (CPE) ACTIVITIES:
Darken circles corresponding to the types of activities you plan to use to meet your learning needs. You may use any of these, even if you do not select them at this time. A summary of this information will be shared with CPE providers.

- [ ] 100 Academic Coursework
- [ ] 110 Case Presentations
- [ ] 120 Certificate Program
- [ ] 130 Exhibits
- [ ] 140 Experiential Skill Development
- [ ] 150 Interactive Workshops
- [ ] 160 Journal Clubs
- [ ] 170 Lectures, Seminars
- [ ] 180 Posters
- [ ] 190 Professional Leadership
- [ ] 200 Professional Reading
- [ ] 205 Research
- [ ] 210 Residency & Fellowship Programs
- [ ] 220 Sponsored Independent Learning
- [ ] 230 Study Groups
- [ ] 335 CDR - CSG
- [ ] 337 CDR - CSO
- [ ] 340 CDR - CSP
- [ ] 380 CDR - CSR
- [ ] 385 CDR - CSSD
- [ ] 700 Audio-based
- [ ] 710 Computer-based
- [ ] 720 Printed
- [ ] 730 Video-based
- [ ] 740 Web-based

Other (See Guide for Code)

In this step you develop a Learning Plan to meet your goals.

--Use the goals from the Professional Self-Reflection Worksheet, and the Learning Need Codes from the Learning Needs Assessment Worksheet to finish this form.

--It is recommended that you submit this Learning Plan by June 1 at the beginning of your recertification cycle.

--However, you must complete and submit this form to CDR no later than 120 days after the first CPE learning activity recorded on your log in this recertification cycle, and no later than May 31 of the last year in your recertification cycle.

--You must have a Learning Plan verified by CDR to receive credit for your CPE activities.

--You will probably list more, but you must indicate at least one goal and at least one learning need on your Learning Plan.

1. Record your goal number in the box provided, and your goal on the line provided.
2. Print learning needs that will support that goal on the lines provided.
3. For each learning need, print the Learning Need Code in the boxes provided with a black pen.

Enter this information online at www.cdrnet.org OR

Date of this Submission: [00 01 12]
Total # of Pages Submitted: [04]

9930219711
Mail this original form to CDR at: 120 South Riverside Plaza, Suite 2000, Chicago, IL 60606.
Questions? Email CDR at redesign@eatright.org, or call CDR at 1-800-877-1600, ext. 5500.

Revised 10/24/07
Registration No: 1234567890

Goal #: 01 Successfully complete the CPTA

<table>
<thead>
<tr>
<th>Food Service Systems</th>
<th>Quality Management</th>
<th>Print Learning Need</th>
<th>Print Learning Need</th>
</tr>
</thead>
<tbody>
<tr>
<td>Culinary Arts</td>
<td></td>
<td>Learning Need Code:</td>
<td>Learning Need Code:</td>
</tr>
<tr>
<td></td>
<td></td>
<td>8000</td>
<td>7160</td>
</tr>
</tbody>
</table>

Goal #: 02 Lead clinical QI initiatives in disease management across the continuum

<table>
<thead>
<tr>
<th>Disease Prevention</th>
<th>Business &amp; Mgt.</th>
<th>Print Learning Need</th>
<th>Print Learning Need</th>
</tr>
</thead>
<tbody>
<tr>
<td>Print Learning Need</td>
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<td>Learning Need Code:</td>
<td>Learning Need Code:</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4040</td>
<td>7000</td>
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</tbody>
</table>

Goal #: 03 Strengthen my leadership role in the QIN

<table>
<thead>
<tr>
<th>Ethics</th>
<th>Verbal Communication Skills</th>
<th>Written Communication</th>
<th>Interviewing &amp; Listening</th>
</tr>
</thead>
<tbody>
<tr>
<td>Print Learning Need</td>
<td>Print Learning Need</td>
<td>Print Learning Need</td>
<td>Print Learning Need</td>
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<td>Learning Need Code:</td>
<td>Learning Need Code:</td>
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<td>1130</td>
<td>1140</td>
<td>6070</td>
</tr>
</tbody>
</table>

Enter this information online at www.cdrnet.org, OR

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Questions? Email CDR at redesign@eatright.org. or call CDR at 1-800-877-1600, ext. 5500.

Page: 01

Revised 10/24/07
Goal #: **04** Remain current to serve as nutrition advisor to consumer publication.

<table>
<thead>
<tr>
<th>Disease Prevention</th>
<th>Health Behaviors</th>
<th>Cultural Sensitivity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Print Learning Need</td>
<td>Print Learning Need</td>
<td>Print Learning Need</td>
</tr>
<tr>
<td>Learning Need Code: 4040</td>
<td>Learning Need Code: 1090</td>
<td>Learning Need Code: 1040</td>
</tr>
</tbody>
</table>

Goal #: **05** Position myself to consult in healthcare quality if I choose to do so.

<table>
<thead>
<tr>
<th>Wellness &amp; Public Health</th>
</tr>
</thead>
<tbody>
<tr>
<td>Print Learning Need</td>
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<tr>
<td>Learning Need Code: 4000</td>
</tr>
</tbody>
</table>

Goal #: **06** Present at a nutritional meeting.

<table>
<thead>
<tr>
<th>Verbal Communication</th>
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</thead>
<tbody>
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<td>Print Learning Need</td>
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<td>Learning Need Code: 1130</td>
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**Registration No:**

<table>
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<tr>
<th>Learning Need Code:</th>
<th>510</th>
<th>210</th>
<th>G010</th>
<th>G020</th>
</tr>
</thead>
</table>

**Goal #:** 07 Co-author two articles in peer-reviewed publications

- Diabetes mellitus
- Physiology
- Exercise
- Data analysis
- Stats
- Evaluation & application

**Goal #:** 07 Continued

- Written Communication
- Skills publishing

**Goal #:**

- Print Learning Need
- Learning Need Code: 1140

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**or call CDR at 1-800-877-1600, ext. 5500.**

**Revised 10/24/07**