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: 1234567
Last: DELL
First Name: ALBERT

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 now will replace, not add to the Learning Plan you submitted earlier)

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

Certification
☐ 335 CDR - CSG
☐ 337 CDR - CSO
☐ 340 CDR - CSP
☐ 380 CDR - CSR
☐ 385 CDR - CSSD
☐ Other

Pre-approved Self-study
☐ 700 Audio-based
☐ 710 Computer-based
☐ 720 Printed
☐ 730 Video-based
☐ 740 Web-based

Date of this Submission: 02/01/12
Total # of Pages Submitted: 04

Enter this information online at www.cdrnet.org OR

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.

9930219711
Page: 1

Revised 10/24/07
Goal #: 01 Develop understanding of hormone sensitive disease/tumors

<table>
<thead>
<tr>
<th>Nutritional Biochem</th>
<th>Cancer</th>
<th>Research Design</th>
<th>Print Learning Need</th>
</tr>
</thead>
<tbody>
<tr>
<td>Print Learning Need</td>
<td>Learning Need Code: 2100</td>
<td>Learning Need Code: 5150</td>
<td>Learning Need Code: 9040</td>
</tr>
</tbody>
</table>

Goal #: 02 Acquire knowledge in protein and amino acid metabolism during sports training.

<table>
<thead>
<tr>
<th>Sci. Food &amp; Nutrition</th>
<th>Exercise Physiology</th>
<th>Sports Nutrition</th>
<th>Print Learning Need</th>
</tr>
</thead>
<tbody>
<tr>
<td>Print Learning Need</td>
<td>Learning Need Code: 2050</td>
<td>Learning Need Code: 2110</td>
<td>Learning Need Code: 4040</td>
</tr>
</tbody>
</table>

Goal #: 03 Maintain knowledge of non-nutrient components and health benefits

|-----------------------|-------------------|------------------------|---------------------|

Enter this information online at www.cdrnet.org, OR 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
**Goal #04**  Familiarize myself with non-nutrient analytical methods

<table>
<thead>
<tr>
<th>Food Science</th>
<th>Food Composition Analysis</th>
<th>Food Labeling</th>
<th>Data Analysis, Statistics</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>
</tr>
<tr>
<td>Learning Need Code:</td>
<td>Learning Need Code:</td>
<td>Learning Need Code:</td>
<td>Learning Need Code:</td>
</tr>
<tr>
<td>2000</td>
<td>2020</td>
<td>4030</td>
<td>9010</td>
</tr>
</tbody>
</table>

**Goal #05**  Develop expertise in regulations around food labeling, advertising, & functional foods

<table>
<thead>
<tr>
<th>Food Labeling</th>
<th>Marketing</th>
<th>Regulatory Policies</th>
<th>Food Science</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>
</tr>
<tr>
<td>Learning Need Code:</td>
<td>Learning Need Code:</td>
<td>Learning Need Code:</td>
<td>Learning Need Code:</td>
</tr>
<tr>
<td>4030</td>
<td>7120</td>
<td>7100</td>
<td>2000</td>
</tr>
</tbody>
</table>

**Goal #06**  Develop nutrition knowledge around functional foods

<table>
<thead>
<tr>
<th>Sci. of Food &amp; Nutrition</th>
<th>Food Camp Nutrition Analysis</th>
<th>Macronutrients</th>
<th>Micronutrients</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>
</tr>
<tr>
<td>Learning Need Code:</td>
<td>Learning Need Code:</td>
<td>Learning Need Code:</td>
<td>Learning Need Code:</td>
</tr>
<tr>
<td>2000</td>
<td>2020</td>
<td>2070</td>
<td>2090</td>
</tr>
</tbody>
</table>

Enter this information online at www.cdrnet.org, OR
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
### STEP 3 - LEARNING PLAN

<table>
<thead>
<tr>
<th>Goal #</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>07</td>
<td>Stay abreast of current developments in nutrition</td>
</tr>
<tr>
<td>08</td>
<td>Expand team building skills</td>
</tr>
<tr>
<td>09</td>
<td>Stay current in Ethics</td>
</tr>
</tbody>
</table>

#### Nutrition
- **Su of food & Nutrition**
  - Print Learning Need: 2000
- **Nutrition Assessment**
  - Print Learning Need: 2000
- **MNT**
  - Print Learning Need: 6000

#### Team building
- **Training, Coaching**
  - Print Learning Need: 1200
  - Print Learning Need: 080

#### Ethics
- **Ethics**
  - Print Learning Need: 1000

---

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

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