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:**

Last: [A] [U] [D] [O] [N]  

First Name: [D] [O] [N]  

CDR Credential: (select only one)  
- [ ] RD  
- [ ] 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.

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### 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.

<table>
<thead>
<tr>
<th>100</th>
<th>110</th>
<th>120</th>
<th>130</th>
<th>140</th>
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<tbody>
<tr>
<td>Academic Coursework</td>
<td>Case Presentations</td>
<td>Certificate Program</td>
<td>Exhibits</td>
<td>Experiential Skill Development</td>
<td>Interactive Workshops</td>
<td>Journal Clubs</td>
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**Certification**

- [ ] 335 CDR-CGS  
- [ ] 337 CDR-CSO  
- [ ] 340 CDR-CSP  
- [ ] 380 CDR-CSR  
- [ ] 385 CDR-CSSD

**Pre-approved Self-study**

- [ ] 700 Audio-based  
- [ ] 710 Computer-based  
- [ ] 720 Printed  
- [ ] 730 Video-based  
- [ ] 740 Web-based

---

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 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.

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.

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Date of this Submission:  

Total # of Pages Submitted:  

Page:  

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Revised 10/24/07
**Goal #1: Maintain competence in nutrition for the life cycle and wellness**

<table>
<thead>
<tr>
<th>Life Cycle</th>
<th>Elderly Nutrition</th>
<th>Men's Health</th>
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<tr>
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<td>Learning Need Code: 4190</td>
<td>Learning Need Code: 4170</td>
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**Goal #2: Maintain competence in medical nutrition therapy**

- **MNT**:
  - Print Learning Need
  - Learning Need Code: 5000

**Goal #3: Improve public speaking abilities**

- **Professional Skills**: Print Learning Need
  - Learning Need Code: 1000
- **Media Skills**: Print Learning Need
  - Learning Need Code: 1090
- **Foreign Language Cultures**: Print Learning Need
  - Learning Need Code: 1060
- **Cultural Sensitivity**: Print Learning Need
  - Learning Need Code: 1040
Goal #: **03** Continued

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Goal #: **04** Increase competence in computer skills

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<th>Photography, Video Production</th>
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</table>

Goal #: **05** Remain up to date in Ethics

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