

## CPD LEARNING ACTIVITY RECORD

**(Complete to record ASAR Code Activities 1B, 3A and 4. Upload to your ASAR CPD file)**

### Personal Details

Name:

ASAR number:

Date of Activity (DD/MM/YY)	Duration (hours)	CPD credits	Postcode
.....	.....	.....	.....

### Description of Learning Activity

(Please provide a link for web-based activities and reference for publications)

### Reflection on the Learning Activity

(Please include a brief summary of the activity/reading and consider the impact of this learning on your professional development)

**Signature:** ..... **Date:** .....  
(Electronic is acceptable)

*I confirm that all this work is my own and that I have not used AI or similar to complete this CPD Learning Activity Record. Please be aware that ASAR's CPD Committee may ask for extra information at their discretion, if there are concerns about the amount of points you are claiming for activities.*