**Continuing Competency Record**

Name:

Dates (3 year period):

Field(s) of expertise:

**1. Gaining knowledge**

**1a. Reading**

|  |  |
| --- | --- |
| **Date** | **Reading newsletters/magazine, websites & email information** |
|  |  |

**1b. Seminar, workshop, conference attendance**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Activity** | **Description** | **Time/size of activity** | **Link to competencies (CC1-5)\***  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

\*For those registered in the field of expertise ‘practice’, include links to areas of interest that relate to your work role (for example, if you regularly provide sports nutrition advice, demonstrate how you maintain competency).

**2. Teaching, presentations, publication**

| **Date** | **Activity** | **Description** | **Time/size of activity** | **Link to competencies\*** |
| --- | --- | --- | --- | --- |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

\*For those registered in the field of expertise ‘practice’, include links to areas of interest that are related to your work role.

**3. Work-related/report writing/community service**

| **Date** | **Activity** | **Description** | **Time/size of activity** | **Link to competencies\*** |
| --- | --- | --- | --- | --- |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

\*For those registered in the field of expertise ‘practice’, include links to areas of interest that are related to your work role.

**4. Contact with Nutritionists**

|  |  |  |  |
| --- | --- | --- | --- |
| **Date** | **Activity** | **Description** | **Time/size of activity** |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

**5. Other**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Activity** | **Description** | **Time/size of activity** | **Link to competencies** |
|  |  |  |  |  |

**Checklist**

|  |  |
| --- | --- |
| **Core competency** | **Met competency** |
| **CC1** |  |
| **CC2** |  |
| **CC3** |  |
| **CC4** |  |
|  |  |
| **Professional Conduct 1** |  |
| **PC2** |  |
| **PC3** |  |
| **PC4** |  |
| **PC5** |  |
| **PC6** |  |

If you were not able to meet each continuing competency domain for your field of expertise please explain: