

# Continuing Professional Development Log

Continuing Professional Development (CPD) is your membership commitment to maintain and develop your knowledge, skills and competencies throughout your career. CPD is a lifelong activity that will enable you to develop your true potential.

As a full IVM member you must complete at least 20 hours of CPD per year, of which 10 hours must be formal learning and 10 hours of informal learning.

**Name:**

**Membership Number:**

**Covering the Period**

From:

To:

Date	Activity Type (formal/informal)	What did you do?	What did you learn from this?	Hours