



THE CPD STANDARDS OFFICE
CPD PROVIDER: 50127
2022-2024
www.cpdstandards.com

CPD CERTIFICATE

OF ATTENDANCE & LEARNING TOOL

This is to certify that

Zoltan Cserepy

Has completed the following CPD accredited activity:

**Sports Nutrition: Therapeutic Carbohydrate Restriction for Sports
& Exercise Performance**

Delivered by:

Nutrition Network

The CPD Standards Office: Provider No: 50127



Signed: Jayne Bullen, Managing Director

Date: 12 January 2023



CPD LEARNING TOOL

EVIDENCING YOUR LEARNING

This activity equates to 15 hours of CPD. This certificate should be kept within your CPD record and can be used as evidence in a CPD audit by a professional body institute or regulator.

Now you have completed this CPD activity, please complete the following questions. They will help you reflect on your learning, how new skills can be applied to your role, and how learning outcomes can be recorded for formal CPD purposes.

Before the activity:

What was the key reason for you choosing to undertake this activity?

During the activity...

Were there any key takeaways or ideas for practice you thought of?

What was the most relevant part in relation to your role?

After the activity:

How could you build on your learning?

What could you share with your colleagues?

Significant learning points to transfer to a CPD record if required: