

## Sample Activities List on the Log Sheet

All learning and/or activities that further the Members success, as a RAC RCRT will be able to be counted toward their credits. The member must earn 30 CEU Credits each 3 year cycle; many of the activities are listed within the categories below. In category I you get 1 CEU credit for every 2 hours except when designated a fixed credit amount for certain activities. Please refer to the document entitled 'RAC Professional Development Credit Categories & Activities' for descriptions of Activities.

Sheet #	Registration #	Name:			
Dates of Activity	Title of Activity	Confirmation Documents	CEU Category	Total Hours	Points Accrued
	RAC National Conference	Receipt and Certificate of Attendance	I		2 CEU per session
	Attendance of a RAC or Chapter AGM	same	I		3 CEU
	Starting a Chapter	Verification from Chapter Development Manager	I		2 hrs = 1 CEU
	Membership in a RAC Chapter	Chapter Membership Renewal Form	I		2 CEU
	Attendance at a RAC Chapter Meeting	Certificate of Attendance	I		2 hrs = 1 CEU
	Certify in Hand, Ear, Advance Modules, Refresher, Teacher or Trainer course	Receipt and Certificate	I		Each course 5 CEU
	Completion of Dr. Wikler's Foot Module	Same	I		2 CEU
	Participation at a RAC Approved Educational Event	Same	I		5 CEU
	Volunteer on a RAC or Chapter Committee, Board or Project	Statement of Active Participation & Attendance from Chair	I		5 CEU
	Promotion of RAC in Community	Statement from Host, booking receipts, Communications etc	I		3 CEU per event
	Publication of Research, Article or Review in the RAC CJoR	Copy of Published Paper, RAC Confirmation of Submission	I		5 CEU
	Assist a RAC Approved Teacher with Full Certification Course	Teacher Signature & Statement of active participation & Attendance for full duration	I		3 CEU
	Delivery of RAC Approved Workshop's or Seminar	Copy of RAC Approval & Confirmation of Event	I		2 hrs = 1 CEU
	Delivery of RAC Foot, Hand, Ear, Refresher, Teacher, Trainer Certification Course	Administration Documents	I		5 CEU
	Recipient of RAC Membership Award	Award Notification Letter, Certificate or Confirmation from RAC	I		2 CEU
	First Aid Course	Receipt, Course Certificate	I		2 hrs = 1 CEU to max of 5 CEU
	Study Group Activity with other Reflexologists	RAC Study Group Form	I	N/A	2 CEU

	Personal Development – Reading a reflexology book, article, research, or watching a video	RAC Personal Development Form	I	N/A	2 CEU
<b>Dates of Activity</b>	<b>Title of Activity</b>	<b>Confirmation Documents</b>	<b>CEU Category</b>	<b>Total Hours</b>	<b>Points Accrued</b>
	Attendance at a Non-RAC Reflexology Event or Conference	Receipt and Certificate of Attendance/Achievement	II	N/A	2 CEU
	Membership in Other Reflexology Organizations	Receipt and Membership Number	II	N/A	2 CEU
	Committee or Board Participation in Other Reflexology Organizations	Statement of Activity & Attendance with Chair Signature	II	N/A	2 CEU
	Participation or Volunteer Work in Community Organizations That Directly Promote Reflexology	Letter or Statement from Organization with Contact Information	II	N/A	2 CEU
	Volunteer Reflexology Work	A Letter from the Organization to Confirm of Contribution	II	N/A	2 CEU
	Reflexology Formal Training, Workshops, Seminars or Upgrading	Receipt and Certificate/Diploma or Certificate of Attendance/ Achievement	II	N/A	2 CEU
	General Publication of a Book, Article, Review or Research in Reflexology	Letter of Confirmation from Publisher, Copy of Published Paper	II	N/A	2 CEU
	Delivery of a Non-Approved RAC Reflexology Workshop, Seminar, or Presentation	Letter with Details Confirming Participation	II	N/A	2 CEU
	Personal Development – Reading a reflexology book, article, research, or watching a video	RAC Personal Development Form	II	N/A	2 CEU
<b>Dates of Activity</b>	<b>Title of Activity</b>	<b>Confirmation Documents</b>	<b>CEU Category</b>	<b>Total Hours</b>	<b>Points Accrued</b>
	Membership in Other Health Profession/ Modality or Organizations	Receipt and Membership Number	III	N/A	1 CEU per membership
	Formal Training of Additional Health Professions/ Modalities	Membership Receipts, Course Receipts, Certificates and Transcripts	III	N/A	1 CEU per modality
	Attendance or Speaker at Other Health Events, Workshops, Seminars or Training	Receipt & Certification of Achievement/Attendance, Letter confirming Event from Organization	III	N/A	1 CEU per event
	Publication of a Book, Article, Review or Research in Another Health Profession/ Modality	Letter of Confirmation from Publisher, Copy of Published Paper	III	N/A	1 CEU
	Reading a another alternative healing book, article, research, or watching a video	RAC Personal Development Form	III	N/A	1 CEU