

Membership ID#: \_\_\_\_\_

Name: \_\_\_\_\_

Signature: \_\_\_\_\_

2630 Skymark Avenue  
Mississauga, ON L4W 5A4  
☎ 1-800-387-6197  
📠 1-888-843-2372  
🌐 www.cfpc.ca

**In every five-year CPD cycle you must complete and report 250 Mainpro credits, of which:**

- A minimum of 125 must be Mainpro-M1 and/or Mainpro-C\* (see below)
- The balance of credits (125) may be Mainpro-M2, Mainpro-M1 and/or Mainpro-C

\*A minimum of 25 Mainpro-C credits must be reported in every five-year cycle if you wish to earn OR maintain Fellowship (if awarded January 1, 2004 or later).

**There are three ways to enter your Mainpro credits:**

- **Online:** Go to [www.cfpc.ca](http://www.cfpc.ca) and click on “▶▶Members”; follow the directions provided.
- **Email or Fax:** Complete this form and scan/email to [mainprocredits@cfpc.ca](mailto:mainprocredits@cfpc.ca) or fax to 1-888-843-2372 (Canada only) or 905-629-0893

**MAINPRO-C: Minimum of 25 per five-year cycle to earn and/or maintain Fellowship status (if awarded 2004 or later).**

**You must provide a copy of Mainpro-C credit certificate(s)/proof of participation for validation and credit entry purposes.**

Activity title/description	# of assigned credits
<b>Total # of Mainpro-C credits</b>	

**MAINPRO-M1: Minimum of 125 Mainpro-M1 and/or Mainpro-C per five-year cycle**

**You may be requested to provide credit certificate(s)/proof of participation for accredited, structured Mainpro-M1 activities.**

Activity title/description	# of assigned credits
<b>Total # of Mainpro-M1 credits</b>	

**MAINPRO-M2: You receive one (1.0) credit per hour of Mainpro-M2 participation (e.g., 30 minutes = 0.5 credits)**

**Mainpro-M2 credits are linked to self-directed and/or non-accredited CME activities (reading, teaching, instructional CDs, etc.).**

Activity title/description	# of assigned credits
<b>Total # of Mainpro-M2credits</b>	

**Mainpro® participants may be randomly selected to participate in CME/CPD validation/auditing. Please keep a copy of all Mainpro® records (certificates, proof of participation, credit entry reports, etc.) for a minimum of six years.**