

# “TODAY I LEARNED” TEMPLATE

TODAY I LEARNED ...

**About CPR**

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SO NOW I CAN ... (how might you explain what you learned to someone else?)

**Administer CPR if required**

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BUT I HAVE QUESTIONS ABOUT ...

**How often should I practice my new skills?**

**How can I know I am doing it correctly?**

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WHAT IS PREVENTING ME IS ...

**Finding the time**

**Getting feedback on practice sessions**

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WHAT I PLAN TO DO IS ...

**Set a time aside to do practice once per week**

**Book an annual refresher**

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