

Start date			End date			Period type	WTE (%)	Months in period	Months of credit	
Day	Month	Year	Day	Month	Year					
1	9	2021	6	9	2022	Clinical Training - GMC approved programme	100	12.16	12.16	
7	9	2022	28	10	2022	Clinical Training - GMC approved programme	100	1.69	1.69	
29	10	2022	31	12	2023	Parental Leave		14.07	0.00	
1	1	2024	4	3	2024	Clinical Training - GMC approved programme	60	2.10	1.26	
5	3	2024	1	3	2026	Out of Programme - Experience	100	23.87	0.00	
2	3	2026	1	9	2026	Clinical Training - GMC approved programme	60	5.97	3.58	
								0.00	0.00	
								0.00	0.00	
								0.00	0.00	
								0.00	0.00	
								0.00	0.00	
								0.00	0.00	
								0.00	0.00	
								0.00	0.00	
<b>TOTAL</b>									<b>18.7</b>	
Length of programme							63			
Months of credit attained							18.7			
Months to complete							44.3			
Start date of next post							02/09/2026			
What is the percentage of your next placement?							60%			
Predicted completion date							28/10/2032	Training must be completed against the latest ve		

1. Begin by entering the length of your training programme in months e.g., 60 for 5 years, 72 for 6 years etc. Include any extension to training time you have taken following an outcome 3 (In the example here we have used a 5-year programme with a 3-month extension).
2. Enter your training dates in this section using a new row for each change which would affect your training time, e.g., LTFT %, OOP, parental, or sick leave >14 days. tip: use a separate calculator with 12-months programme time to calculate your training year if your time has been fragmented by changes.

The 'period type' section has a drop-down selection to allow you to choose various training options.

**Please note:** OOPE will not count any time toward training. If you do have a period out of programme where some time will count, select OOPT - this option allows you to manually enter the number of months counting toward training.

3. Once you have completed the training time section you should then enter the start of the next/last training block, and % in this section  
The CCT calculator is only a tool to help you calculate an estimated CCT date. You should use this as a discussion point with your ES and TPD. Final CCTs will be confirmed with the college as part of the ARCP process.