### Table: Resident Effort

<table>
<thead>
<tr>
<th>Program</th>
<th>Year</th>
<th>Month</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Program 1</td>
<td>2023</td>
<td>Jan</td>
<td>150</td>
</tr>
<tr>
<td>Program 2</td>
<td>2022</td>
<td>Feb</td>
<td>100</td>
</tr>
<tr>
<td>Program 3</td>
<td>2021</td>
<td>Mar</td>
<td>200</td>
</tr>
<tr>
<td>Program 4</td>
<td>2020</td>
<td>Apr</td>
<td>150</td>
</tr>
</tbody>
</table>

**Total Hours:** 600

### Notes:
- This report is an accurate record of the resident's time and effort for the month of [Month].
- Residents from other institutions (e.g., medical schools) contributing residents in your program's locale may be included.

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**Program: Clinical Research**

- [Details of research activities and contributions]

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**Program: Other (Define):**

- [Other relevant activities and contributions]

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**Program: General Practice:**

- [General practice contributions and activities]

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**Program: Psychiatry:**

- [Psychiatry-related activities and contributions]

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**Program: Academic:**

- [Academic-related activities and contributions]

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**Program: Other:**

- [Other miscellaneous activities and contributions]

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**Resident Name:** [Surname, First]

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**Fax Number:** [Fax number]

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**Signature:** [Signature]

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**Date:** [Date]

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**Notes:** [Additional notes or remarks]