

ACTIVITY ASSESSMENT SHEET

Please check all the activities in which you have participated in the past.

Also, please check the activities you would like to try for the first time, or try gain.

	SPORTS	HAVE DONE	WOULD LIKE TO			HAVE DONE	WOULD LIKE TO
1	Running/Jogging			39	Attend Sport Event		
2	Walking for Fun			40	Pool/Billiards		
3	Swimming				CREATIVE		
4	Golf			41	Leather Craft		
5	Tennis			42	Pottery/Ceramics		
6	Horseback Riding			43	Painting		
7	Miniature Golf			44	Flower Arranging		
8	Horeseshoes			45	Drawing		
9	Lawnbowling			46	Photography		
10	Croquet			47	Puzzles		
11	Frisbee			48	Gardening		
12	Roller Skating			49	Landscaping		
13	Rollerblading			50	Woodworking		
14	Fishing			51	Fly Tying		
15	Camping/Hiking			52	Aquarium		
16	Canoeing			53	Bird Watching		
17	Nature Walks			54	Gourmet Cooking		
18	Football			55	Creative Writing		
19	Soccer			56	Poetry		
20	Baseball				RELAXATION		
21	Kite Flying			57	Relaxation Tapes		
22	Handball			58	Reading		
23	Volleyball			59	Listen to Music		
24	Basketball			60	Whirlpool		
25	Hockey			61	Sauna		
26	Curling			62	Religious Functions		
27	Snow Skiing				ARTS		
28	Ice Skating			63	Cultural/Arts Events		
29	Bowling			64	Go to Library		
30	Racquetball			65	Museums		
31	Squash			66	Theatre/Movies		
32	Badminton			67	Dancing		
33	Karate/Martial Arts			68	Concerts		
34	Table Tennis			69	Play Instrument(s)		
35	Shuffle Board			70	Singing		
36	Darts			71	Charities/Volunteer		
37	Ice Fishing			72	Service Clubs		
38	Show Shoeing			73	Parks/Conservation		

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	HOBBIES	HAVE DONE	WOULD LIKE TO
74	Automotive Work		
75	Electronics		
76	Motorcycles		
77	Shopping		
78	Visit with Friends		
79	Sight Seeing		
80	Star Gazing		
81	Collect Coins		
82	Collectibles		
83	Household Pets		
84	Home Computer		
85	Video Games		
86	Television		
87	Chess/Checkers		
88	Card Games		
89	Board Games		

OTHER - please indicate any additional things you would like to do

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