

## Physical Activity and Recreational Interest and Activity Inventory

Name:

Date:

Respond to each activity with a X if you have participating in the activity in the past, currently, or are interested. Please check all that apply.

Activity	I have done in this activity in the past	I currently do this activity	Might be interested in trying this activity
Engaging in Team Sports			
Basketball			
Softball/Baseball			
Soccer			
Football			
Hockey			
Bowling			
Volleyball			
Other:			
Other:			
Activity	I have done in this activity in the past	I currently do this activity	Interested in trying this activity
Engaging in dual or individual sports			
Tennis			
Swimming			
Walking			
Jogging/running			
Handcycling			
Tai Chi			
Martial Arts			
Biking			
Table tennis (ping pong)			
Golf			
Badminton			
Croquet			
Horseback riding			
Gymnastics			
Paintball			
Archery			
Horseshoes			

Disc Golf			
Weight Training			
Track and field			
Trap Shoot			
Bocce			
Miniature golf			
Fencing			
Laser tag			
Kite flying			
Scuba diving			
Hunting			
Spelunking			
Other:			
Other:			
Activity	I have done in this activity in the past	I currently do this activity	Interested in trying this activity
Dance/Music			
Country			
Folk			
Square			
Aerobic			
Yoga			
Rock n roll			
Line dance			
Other:			
Other:			
Activity	I have done in this activity in the past	I currently do this activity	Interested in trying this activity
Arts and crafts			
Painting or drawing			
Knitting			
Woodworking			
Photography			
Carpentry			
Leather work			
Cooking			
Other:			
Other:			
Activity	I have done in this activity in the past	I currently do this activity	Interested in trying this activity
Outdoor Leisure			
Hiking			

Rock climbing			
Walking			
Gardening			
Camping			
Animal training			
Horseback riding			
Canoeing/kayaking			
BBQ/picnic			
Snow Skiing/sledding/snow tubing			
Water skiing/tubing			
Fishing			
Biking			
Ice skating			
Nature study			
Bird watching			
Surfing/bogey boarding			
Boating			
Fairs/amusement parks			
Radio controlled cars/planes			
Other:			
Other:			
Activity	I have done in this activity in the past	I currently do this activity	Interested in trying this activity
Community Activities			
Shopping			
Aquarium			
Museums			
Sightseeing			
Social club			
Recreation center			
Collecting (stamps, rocks, coins, etc.)			
Horse shoes			
Scouting			
Other:			
Other:			
Activity	I have done in this activity in the past	I currently do this activity	Interested in trying this activity
Volunteer Work			
Recycling			
Political Campaign			

Special Olympics			
Animal shelter			
Other:			
Other:			

\*\*\*\*\*Using technology

Use the schedule below to enter your typical weekly schedule. Highlight any activities that have built in physical activity.

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am							
7							
8							
9							
10							
11							
12pm							
1							
2							
3							
4							
5							
6							
7							
8							
9							
10pm							