

Developing a Rewarding Lifestyle: Recreational Survey

Name: _____ Date: _____

Please tick the column which best describes your thoughts/feelings about each row.

Sports and Games				
Activity	Did at least 4x's last year	Would like to try...	Have tried and liked it...	No Interest
Football				
Tennis				
Swimming				
Golf				
Jogging/Running				
Aerobics				
Gymnastics				
Bowling				
Ten-pin bowling				
Darts				
Karate				
Pilates				
Tai Chi				
Yoga				
Snooker				
Billiards/Pool				
Rugby				
Badminton				
Sudoku				
Crossword Puzzles				
Internet Based Games				
Computer Games				
Chess				
Dominoes				
Scrabble				
Jigsaw Puzzles				
Table Tennis				
Shinty:				
Other:				

Outdoor Activities				
Activity	Did at least 4x's last year	Would like to try...	Have tried and liked it...	No Interest
Walking				
Hillwalking				
Bike/Dirt bike riding				
Fishing				
Going to the beach or shore				
Going to the park				
Ice skating				
Sailing				
Windsurfing				
Skateboarding				
Camping				
Gardening				
Picnics				
Birdwatching				
Other:				
Art, Music, Dance and Drama				
Drawing/Painting				
Photography				
Sculpture				
Woodworking				
Jewellery Making				
Knitting				
Sewing				
Cooking/Baking				
Listening to music				
Singing/Karaoke				
Playing instrument				
Dancing				
Scottish Country Dancing				
Line Dancing				
Acting				
Other:				

Other Activities				
Activity	Did at least 4x's last year	Would like to try...	Have tried and liked it...	No Interest
Shopping				
Museums				
Art Galleries				
Fairs				
Historical Sites and Events				
Sporting Events				
Eating Out				
Travelling				
Library				
Cinema				
Music Concers				
Theatre				
Talking with a Friend				
Attending a Party				
Volunteer Activities				
Watching TV				
Reading				
Meditation				
Creative Writing				
Support Groups				
Other:				
Other:				
Other:				

How would you rate your satisfaction with the recreational activities in your life?

Very Dissatisfied Dissatisfied Satisfied Very Satisfied

Are there problems that make it difficult for you to develop a healthy recreational lifestyle?
If yes, describe: