












# INTEREST CHECKLIST UK (Adapted Version)










Name:..... Date of Birth:.....

<b>1. Health and Fitness</b>	<b>Activity</b>	<b>Degree of Interest</b>			
		Like 	OK 	Don't Like 	Want to try 
	Aerobics / Gym				
	Cycling				
	Running / Jogging				
	Roller blading / Ice Skating				
	Swimming				
	Yoga / Tai Chi.....				
Other Health and fitness:					











2. Sports	Activity	Like 	OK 	Don't Like 	Want to try 
	Athletics				
	Basketball / Netball				
	Bowling				
	Cricket / Baseball / Rounders				
	Darts				
	Football / Rugby / Hockey				
	Golf				
	Martial Arts / Boxing / Fencing				

	Pool / Snooker				
	Spectator Sports				
	Table Tennis				
	Tennis / Squash / Badminton				
Other Sports:					

3. Creative	Activity	Like 	OK 	Don't Like 	Want to try 
	Crafts / Needlework				
	Fashion: Clothes / Hair / Cosmetics				
	Making music – incl. instrument, DJ'ing....				
	Model Building				
	Painting / Drawing (Art)				
	Photography				
	Pottery				
	Singing				
	Writing: letters / poems / stories				
	Woodworking – incl. Picture Framing, Furniture Restoration				
Other Creative:					

4.Productivity at home	Activity	Like 	OK 	Don't Like 	Want to try 
	Car Repair				
	Cooking / Baking				
	Gardening – incl Indoor Plants				
	Mending / DIY				
	Pet ownership				
Other Productivity at home:					








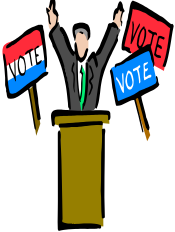

5. Leisure at home	Activity	Like 	OK 	Don't Like 	Want to try 
	Board games – chess, scrabble etc.				
	Collecting eg. Stamp collection				
	Computing – games / pc / internet				
	Listening to music				
	Playing cards				
	Puzzles / Crosswords				
	Radio				
	Reading				
	Television / Video				
Other Leisure at home:					

6. Social	Activity	Like 	OK 	Don't Like 	Want to try 
	Clubs: Social / Nightclubs				
	Eating out				
	Faith-related activities				
	Inviting / visiting friends / family				
	Pubs / bars				
	Voluntary work				
Other social:					

7. Outdoor Pursuits	Activity	Like 	OK 	Don't Like 	Want to try 
	Bird watching / Wildlife				
	Camping				
	Climbing				
	Fishing				
	Horse riding				
	Walking				
	Water Sports incl. canoeing / rowing				
Other outdoor pursuits:					



8. Out and About	Activity	Like 	OK 	Don't Like 	Want to try 
	Bingo				
	Cinema				
	Concerts /Theatre				
	Dancing				
	Driving				
	Museums / art galleries				
	Places of interest / day trips				
	Shopping (incl. Markets)				
	Traveling / Holidays				
Other out and about:					

9.Educational	Activity	Like 	OK 	Don't Like 	Want to try 
	Antiques				
	Courses / adult education				
	History				
	Politics / Philosophy				
	Science				
Other educational:					

Occupational Therapist.....

Signed.....

Date.....

# INTEREST SUMMARY

Name:..... Date of Birth.....

Likes	Want to try

## ACTION PLAN

	SHORTLIST	ACTION PLAN
1		
2		
3		

Occupational Therapist..... Signed..... Date.....