

Leisure Questionnaire

For every activity listed on the left, mark the space on the right that best tells how interested you are in that activity, when you are not using alcohol or drugs.

	<u>YOUR</u> amount of interest			
	Very Much	Much	A Little	Not At all
1. <u>Decorating and painting around the house</u>	-----	-----	-----	-----
2. <u>Finding bargains at sales and auctions</u>	-----	-----	-----	-----
3. <u>Astrology, horoscopes, the Zodiac</u>	-----	-----	-----	-----
4. <u>Visiting caves, waterfalls, scenic wonders</u>	-----	-----	-----	-----
5. <u>Making jewellery, baskets, statues</u>	-----	-----	-----	-----
6. <u>Breeding or training animals for shows or competition</u>	-----	-----	-----	-----
7. <u>Planning trips, excursion and outings</u>	-----	-----	-----	-----
8. <u>Attending circuses and rodeos</u>	-----	-----	-----	-----
9. <u>Going to church groups and church social activities</u>	-----	-----	-----	-----
10. <u>Growing house plants</u>	-----	-----	-----	-----
11. <u>Raising pets</u>	-----	-----	-----	-----
12. <u>Visiting with relatives</u>	-----	-----	-----	-----
13. <u>Doing things with your parents or grandparents</u>	-----	-----	-----	-----
14. <u>Doing things with your neighbours</u>	-----	-----	-----	-----
15. <u>Flower or vegetable gardening</u>	-----	-----	-----	-----
16. <u>Visiting the library</u>	-----	-----	-----	-----
17. <u>Visiting the Zoo</u>	-----	-----	-----	-----
18. <u>Making or watching home movies</u>	-----	-----	-----	-----
19. <u>Reading newspaper and magazines</u>	-----	-----	-----	-----
20. <u>Reading books</u>	-----	-----	-----	-----
21. <u>Jogging, calisthenics, gymnastics, physical activity</u>	-----	-----	-----	-----
22. <u>Woodworking activities</u>	-----	-----	-----	-----
23. <u>Playing a musical instrument</u>	-----	-----	-----	-----

	Very Much	Much	A Little	Not At all
24. Dancing (ballroom, ballet, or disco)	-----	-----	-----	-----
25. Going to parades, fireworks shows, public spectacles	-----	-----	-----	-----
26. Attending parties	-----	-----	-----	-----
27. Walking in parks and around the neighbourhood	-----	-----	-----	-----
28. Going to school, doing daily duties	-----	-----	-----	-----
29. Doing crossword or jigsaw puzzles	-----	-----	-----	-----
30. Meeting new friends	-----	-----	-----	-----
31. Reading detectives or mystery stories	-----	-----	-----	-----
32. Writing letters to friends and relatives	-----	-----	-----	-----
33. Reading or studying history	-----	-----	-----	-----
34. Visiting museums, art galleries, or monuments	-----	-----	-----	-----
35. Keeping up with current events	-----	-----	-----	-----
36. Playing bingo and similar games	-----	-----	-----	-----
37. Traveling to see historic sights and places	-----	-----	-----	-----
38. Going to flea markets, bazaars, or yard sales	-----	-----	-----	-----
39. Visiting amusement and theme parks	-----	-----	-----	-----
40. Ice or in-line skating	-----	-----	-----	-----
41. Working on the church, school, business, or neighbourhood newspaper or newsletter	-----	-----	-----	-----
46. Writing stories, poems, articles, or songs	-----	-----	-----	-----
48. Painting, sketching, or drawing	-----	-----	-----	-----
49. Looking for new people to date	-----	-----	-----	-----
50. Entering contests	-----	-----	-----	-----
51. Visiting with friends	-----	-----	-----	-----
52. Going to dog, cat, horse, or other animal shows	-----	-----	-----	-----

	Very Much	Much	A Little	Not At all
53. Traveling	-----	-----	-----	-----
54. Chatting with friends on the phone	-----	-----	-----	-----
55. Going to restaurants	-----	-----	-----	-----
56. Communicating online with friends	-----	-----	-----	-----
57. Doing ordinary lawn and yard work at home	-----	-----	-----	-----
58. Learning about stocks, bonds, or the investments	-----	-----	-----	-----
59. Playing chess, checkers, bridge, etc.	-----	-----	-----	-----
60. Going rock climbing	-----	-----	-----	-----
61. Buying or making things to sell for profit	-----	-----	-----	-----
62. Flying kites	-----	-----	-----	-----
63. Checking family trees, genealogies, tracing your kin	-----	-----	-----	-----
64. Making models and miniatures	-----	-----	-----	-----
65. Bicycle riding	-----	-----	-----	-----
66. Singing with others	-----	-----	-----	-----
67. Watching horse or dog races	-----	-----	-----	-----
68. Learning about ceramics, porcelain, or glass	-----	-----	-----	-----
69. Acting in plays or doing sets, props, or lighting	-----	-----	-----	-----
70. Watching team sports (baseball, hockey, etc.)	-----	-----	-----	-----
71. Learning about or doing design and decoration	-----	-----	-----	-----
72. Riding motorcycles or off-road vehicles	-----	-----	-----	-----
73. Lawn sports such as volleyball, badminton, Frisbee	-----	-----	-----	-----
74. Collecting stamps, coins, dishes, dolls, sports cards, etc.	-----	-----	-----	-----
75. Chatting with people	-----	-----	-----	-----
76. Fixing things around the house	-----	-----	-----	-----
77. Collecting arts or crafts	-----	-----	-----	-----
78. Going to movies or plays	-----	-----	-----	-----

	Very Much	Much	A Little	Not At all
79. Playing golf	-----	-----	-----	-----
80. Fixing up, refinishing, or collecting old furniture	-----	-----	-----	-----
81. Going fishing	-----	-----	-----	-----
82. Watching funny videos on YouTube	-----	-----	-----	-----
83. Discussing or debating with orders	-----	-----	-----	-----
84. Being in political groups and activities	-----	-----	-----	-----
85. Browsing in stores, at estate sales, etc.	-----	-----	-----	-----
86. Such games as pool, shuffleboard, horseshoes, etc.	-----	-----	-----	-----
87. Playing team sports (football, softball, soccer, etc.)	-----	-----	-----	-----
88. Attending concerts or other music performances	-----	-----	-----	-----
89. Winter sports, such as skiing, sledding, etc.	-----	-----	-----	-----
90. Surfing the internet	-----	-----	-----	-----
91. Attending church or Bible study	-----	-----	-----	-----
92. Board games like Scrabble, Monopoly, etc.	-----	-----	-----	-----
93. Playing video games	-----	-----	-----	-----
94. Babysitting or other work with children	-----	-----	-----	-----
95. Charity or volunteer work for the sick or needy	-----	-----	-----	-----
96. Watching television, listening to the radio	-----	-----	-----	-----
97. Boating or canoeing	-----	-----	-----	-----
98. Hiking, camping, picnicking outdoors	-----	-----	-----	-----
99. Cooking or baking	-----	-----	-----	-----
100. Photography (taking or developing pictures)	-----	-----	-----	-----
101. Playing cards	-----	-----	-----	-----
102. Target, trap, or skeet shooting	-----	-----	-----	-----
103. Sewing, knitting, crocheting, needlepoint, etc.	-----	-----	-----	-----
104. Working on cars or other vehicles	-----	-----	-----	-----

	Very Much	Much	A Little	Not At all
105. <u>Playing tennis, handball, squash, racquetball, etc.</u>	-----	-----	-----	-----
107. <u>Doing art and crafts</u>	-----	-----	-----	-----
108. <u>Swimming, skin diving, and other water activities</u>	-----	-----	-----	-----
109. <u>Collecting bottles, old glass, etc.</u>	-----	-----	-----	-----
110. <u>Learning about other countries and cultures</u>	-----	-----	-----	-----
111. <u>Collecting shells, rocks, specimens, nature objects</u>	-----	-----	-----	-----
112. <u>Science fiction</u>	-----	-----	-----	-----
113. <u>Romantic novels and love stories</u>	-----	-----	-----	-----
114. <u>Going to fairs and carnivals</u>	-----	-----	-----	-----
115. <u>Listening to music</u>	-----	-----	-----	-----
116. <u>Taking courses on new topics</u>	-----	-----	-----	-----
117. <u>Civic and service clubs, lodges, communities groups</u>	-----	-----	-----	-----
118. <u>Cooking fancy or foreign dishes</u>	-----	-----	-----	-----
119. <u>Watching auto races, demolition derbies, etc.</u>	-----	-----	-----	-----
120. <u>Watching individual sports (boxing, tennis, weightlifting, etc.)</u>	-----	-----	-----	-----
121. <u>Sailing</u>	-----	-----	-----	-----
122. <u>Architecture (designing, studying, building, etc.)</u>	-----	-----	-----	-----
123. <u>Amateur radio (Ham, CB, etc.)</u>	-----	-----	-----	-----
124. <u>Aerobics (exercises, dancing, etc.)</u>	-----	-----	-----	-----
125. <u>Keeping a diary</u>	-----	-----	-----	-----
126. <u>Making audio or videotape recordings of events, movies, concerts, parade, etc.</u>	-----	-----	-----	-----
127. <u>Skateboarding</u>	-----	-----	-----	-----
128. <u>Go shopping</u>	-----	-----	-----	-----
129. <u>Go horseback riding</u>	-----	-----	-----	-----
130. <u>Go to a car show</u>	-----	-----	-----	-----

	Very Much	Much	A Little	Not At all
130. Rearrange your room, organize your closet	-----	-----	-----	-----
131. Learn archery	-----	-----	-----	-----
132. Play miniature golf	-----	-----	-----	-----
133. Winter activities (building a snowman, snowball fight, etc.)	-----	-----	-----	-----
134. Go to an airshow	-----	-----	-----	-----
135. Get a manicure or pedicure	-----	-----	-----	-----
136. Go stargazing	-----	-----	-----	-----
137. Help clean the house	-----	-----	-----	-----
138. Make a scrapbook	-----	-----	-----	-----
139. Candle or soap making	-----	-----	-----	-----
140. Go to the batting cages	-----	-----	-----	-----
141. Go to the driving range	-----	-----	-----	-----
142. Play ping-pong	-----	-----	-----	-----
143. Watch the clouds	-----	-----	-----	-----
144. Play paintball, laser tag	-----	-----	-----	-----
145. Go for ice cream	-----	-----	-----	-----
146. Take a nap	-----	-----	-----	-----
147. Ride go-carts	-----	-----	-----	-----
148. Study for the driver's exam	-----	-----	-----	-----
149. Go to the YMCA	-----	-----	-----	-----
150. Wash the car	-----	-----	-----	-----

**IF YOU HAVE ANY OTHER INTEREST OR HOBBIES
THAT WERE NOT LISTED, PLEASE LIST THEM HERE:**

- A. _____
- B. _____
- C. _____
- D. _____
- E. _____
- F. _____
- G. _____
- H. _____

From the checklist you have just completed pick your 5 favourites and next to each one estimate how much time you currently spend on that interest in an average week.

Favourite Interests	Hours/Days in Typical Week
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____