























My Interest Checklist

HEALTH AND FITNESS	Activity	Like	Okay	Don't Like	Want to Try
	Cycling				
	Running/Jogging				
	Roller Blading/Ice Skating				
	Swimming				
	Yoga/Tai Chi				
Other Health and Fitness:					
SPORTS	ACTIVITY	Like	Okay	Don't Like	Want to Try
	Basketball/Netball				
	Bowling				
	Cricket/Baseball/Rounders				

	Football/Rugby/Hockey				
	Golf				
	Martial Arts/Boxing/Fencing				
	Parkour				
	Pool/Snooker				
	Table Tennis				
	Squash/badminton				
Other Sports:					
CREATIVE	ACTIVITY	Like	Okay	Don't Like	Want to Try
	Crafts/Needlework				

	<p>Fashion: Clothes/Hair/Make-up</p>				
	<p>Making Music</p>				
	<p>Painting/Drawing</p>				
	<p>Photography</p>				
	<p>Pottery</p>				
	<p>Singing</p>				
	<p>Writing</p>				
	<p>Woodworking</p>				
<p>Other Creative:</p>					
<p>PRODUCTIVITY AT HOME</p>	<p>ACTIVITY</p>	<p>Like</p>	<p>Okay</p>	<p>Don't Like</p>	<p>Want to Try</p>
	<p>Cooking/Baking</p>				

	Gardening				
	DIY (Do it yourself projects)				
	Pet ownership				
Other Productivity:					
LEISURE AT HOME	ACTIVITY	Like	Okay	Don't Like	Want to Try
	Board games				
	Collecting ex. stamp collection				
	Computers				
	Listening to Music				
	Playing Cards				
	Puzzles/crosswords				
	Reading				

	Television/Movies				
Other Leisure at Home:					
SOCIAL	ACTIVITY	Like	Okay	Don't Like	Want to Try
	Clubs: Social				
	Eating out				
	Faith-related activities (church)				
	Inviting/visiting friends				
	Voluntary work				
Other Social:					
OUTDOOR PURSUITS	ACTIVITY	Like	Okay	Don't Like	Want to Try
	Bird watching/wildlife				
	Climbing				
	Fishing				

	Horse riding				
	Walking				
	Water sports (canoeing, rowing)				
Other Outdoor Pursuits:					
OUT AND ABOUT	ACTIVITY	Like	Okay	Don't Like	Want to Try
	Bingo				
	Cinema				
	Concerts/Theatre				
	Dancing				
	Museums/Art Galleries				
	Places of Interest/Day trips				
	Shopping				

	Traveling/Holidays				
Other Out and About:					
EDUCATIONAL	ACTIVITY	Like	Okay	Don't Like	Want to Try
	Antiques				
	Education/school				
	History				
	Politics/Philosophy				
	Science				
Other Educational:					