

LEISURE PROFILE WORKSHEET

Leisure Profile: P- Past interest C- Current interest L- Interest in learning N- No interest U- Unable to determine

	P	C	L	N	U		P	C	L	N	U		P	C	L	N	U
Social/Group Activities:						Sports/Physical Activities						Creative Activities					
Religious and spiritual						Weightlifting						Playing music					
Clubs and organizations						Fitness and exercise						Instrument(s)					
Volunteering						Track and field						Drawing					
Current events						Bowling						Painting					
Restaurants						Swimming						Ceramics					
Parties and seasonal events						Tennis and/or Badminton						Sewing/ Needlework					
Board games						Cycling						Creative writing					
Bingo						Roller or inline skating						Drama					
Card games						Baseball/softball						Singing					
Playing music with others						Volleyball						Culinary arts					
Passive Activities						Basketball						Dance					
TV						Football						Other:					
Movies and videos						Running/jogging						Spectator Events					
Music listening and appreciation						Other:						Concerts					
Type(s) of music						Outdoor Activities						Movie theater					
Solitary Activities						Picnics/Cookouts						Plays					
Jigsaw puzzles						Camping						Sporting events					
Word or number puzzles						Hiking						Other:					
Crossword						Fishing						Hobbies					
Reading						Hunting						Shopping					
Type(s) of reading material						Gardening						Collecting					
Solitaire						Bird-watching						Other:					
Computer activities						Kites						Sensory Activities:					
Other:						Other:						List:					

Activities that are calming: _____

Activities that are stimulating: _____