

Activity	Enjoyable	Neutral	Not Enjoyable
Gardening/ yard work			
Bike Riding			
Walking			
Going out for dinner			
Cooking			
Baking			
Meeting someone new			
Taking a class/learning something new			
Doing art work (painting, sculpting, drawing etc)			
Rock Climbing/Mountaineering			
Hiking			
Reading			
Going to a sporting event			
Going to a concert			
Listening to or creating music			
Water activities (boating, skiing, kayaking etc)			
Watching TV			

Activity	Enjoyable	Neutral	Not Enjoyable
Playing video games/phone games			
Driving			
Writing (letters, stories etc)			
Being with animals			
Being in the city			
Being in the country			
Being with grandchildren/children/nieces and nephews			
Exercising			
Dancing			
Volunteering			
Playing board games			
Winter activities (skating, snowboarding, skiing, tobogganing etc...)			
Playing Sports			
Watching a movie			
Singing			
Scrapbooking			
Take a warm bath			

