

- Wellbeing in Mind
- Communication in Mind
- Skills in Mind
- Mood in Mind
- Activities in Mind



# Interest Checklist

Category		Activity	Degree of interest			Participation?		
			Strong	Some	None	Past	Present	Future
1	Health and fitness	Aerobics/gym						
		Cycling						
		Running/jogging						
		Roller blading/ice skating						
		Swimming						
		Yoga/Tai Chi						
		Other health and fitness						
2	Sports	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						

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<b>3</b>	<b>Creative</b>	Amateur dramatics							
		Crafts/needlework							
		Fashion incl. clothes/hair/cosmetics							
		Making music incl. instruments, DJing							
		Model building							
		Painting/drawing (art)							
		Photography							
		Pottery							
		Singing							
		Writing incl. letters/poems/stories							
		Woodworking incl. picture framing, furniture restoration							
		Other creative							
<b>4</b>	<b>Productivity at home</b>	Car repair							
		Cooking/baking							
		Gardening incl. indoor plants							
		Mending/DIY							
		Pet ownership							
	Other productivity at home								



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8	Out and about/ entertainment	Bingo						
		Cinema						
		Concerts/theatre						
		Dancing						
		Driving						
		Jumble/car boot sales/charity shops						
		Museums/art galleries						
		Places of interest/day trips						
		Shopping incl. markets						
		Travelling/holidays						
		Other out and about						
9	Educational	Antiques						
		Courses/adult education						
		Foreign languages						
		History						
		Politics/philosophy						
		Science						
		Speeches/lectures						
		Other educational						

