



**Interests Checklist**

Name: \_\_\_\_\_

Date: \_\_\_\_\_

*Improving lives by providing health, education and disability services to people from all backgrounds.*

Category	Activity	Interest	Currently participating	Comments
<b>Health and Fitness</b>	Exercise/Aerobics/Gym			
	Swimming			
<b>Sports</b>	Football/cricket/volleyball			
	Dance			
	Fishing			
	Walking			
<b>Creativity</b>	Singing/acting			
	Writing (letters, poems, stories)			
	Fashion (clothes/hair are/cosmetics)			
	Photography			
	Art/crafts			
	Needlework/sewing			
<b>Home duties</b>	Cleaning			
	Cooking/Baking			
	Gardening			
<b>Work</b>	Voluntary work			
	Paid work			
	Preparing for work (eg. Drafting CV)			
<b>Leisure at home</b>	Computer games/social media			
	Television/Videos/You Tube			
	Reading			
	Radio/listening to music/podcasts			
<b>Social</b>	Eating out			
	Inviting/visiting friends and family			
	Church activities			
<b>Out and about</b>	Travel			
	Cinema / theatre / museums			
	Shopping			
<b>Educational</b>	Courses/Foreign language courses			

**Interest level**



**Summary**

	<b>Shortlist</b>	<b>Action Plan</b>
<b>1</b>		
<b>2</b>		
<b>3</b>		
<b>4</b>		
<b>5</b>		