

Interests Checklist

Check off all of your interests. Rate your favourite top ten by putting a number 1 to 10 in the Rating column.

Interests	Past	Now	Rating
Browsing the internet			
Learning new things			
Keeping my brain active			
Doing e-mail			
Using a tablet/i-Pad etc.			
Sending text messages			
Trivia			
Reading (what type?)			
Jigsaw puzzles			
Word puzzles			
Bowling			
Swimming			
Yoga			
Dancing			
Working out			
Golfing			
Hiking			
Hockey			
Playing a musical instrument			
Going to the theatre			
Acting in a play			
Painting (what types?)			
Creative arts (elaborate)			
Writing (about what?)			
Scrapbooking			
Photography			
Listening to music			
Singing			
Crafts			
Woodworking			
Watching movies			

Interests	Past	Now	Rating
Planning parties			
Attending parties			
Playing cards			
Bingo			
Board games			
Gardening			
Cooking			
Baking			
Fishing			
Knitting			
Wine tasting			
Bird watching			
Fashion			
Collecting stamps			
Astronomy			
Nature			
Shopping			
Camping			
Traveling			
Animals			
Children			
Volunteering			
Helping others			
Nutrition and health			
Comedy			
Celebrity news			