

INTEREST CHECKLIST

NAME/ID: _____

DATE: _____

Area	Activity	Description	Interest/Enjoyment			Engagement		
			Lots	Some	None	Past	Now	Future
Personal, social and spiritual	Mediation							
	Visiting places of worship							
	Prayer							
	Journal writing							
	Pet care							
	Visiting others/receiving visitors							
	Supporting others							
	Caring for others							
	Social media							
	Scouts/guides							
	Voluntary work							
	Activism/campaigning							
	Political party activities							
	Other personal, social, spiritual							
Sports	Running/jogging/cross country							
	Climbing/bouldering							
	Cycling							
	Gym/weight training							
	Exercise classes e.g. aerobics							
	Martial arts/yoga/Pilates							
	Athletics/archery							
	Team sports- football/netball/basketball/rugby							
	Racquet sports- tennis/squash/badminton							
	Games - pool/ darts/ table tennis							
	Water sports – swimming/surfing/kayaking/sailing							
	Dance/gymnastics/skating							
	Horse-riding							
	Other sports							
Outdoor	Walking/hiking							
	Augmented Reality games, e.g. geocache, Pokemon Go							
	Camping							
	Bird watching							
	Trainspotting							
	Places of natural beauty							
	Ecology/conservation							
	Going for drives							
	Other outdoor							
Learning	Courses/adult education							
	Private study/online study/apps							
	Languages							



	Practical skills – driving/ mechanics/woodwork							
	Music lessons							
	Antiques							
	Arts/crafts/creative classes							
	Reading non-fiction							
	Other learning							
Arts, crafts and skills	Knitting/crochet							
	Fashion and beauty - sewing/ cosplay/cosmetics/hair/nails							
	Making music- playing/singing/DJing							
	Pottery/building model/sculpture/collage							
	Woodwork – furniture/whittling							
	Painting/drawing/photography							
	Creative writing - poetry/stories/fan- fiction							
	Cooking/baking							
	Gardening/floristry							
	DIY and repairs/mechanics							
	Amateur dramatics/re-enactment							
	Reading fiction							
	Computer games/computer programming/apps							
	Collecting							
	Puzzles/board games/cards							
	Listening to music							
	Listening to radio or podcasts							
	Watching films and TV at home							
	Media - reading magazines or blogs/watching internet video							
	Making media – film/TV/blogs/vlogs/ podcasts/magazines							
Other arts, crafts, and skills								
Out and about	Cinema							
	Eating and drinking out - pub/café/wine-bar/restaurants							
	Theatre/live music							
	Heritage sites, e.g. castle							
	Gallery/museum/exhibitions							
	Nightclub							
	Bingo/casino/ arcade							
	Shopping/markets/jumble sale/car boot sale							
	Travel/holidays							
	Fan activities, e.g. Comicon							
	Spa/sauna/massage							
	Other out and about							