

































	Activity	I like to do this 	It is ok 	I do not like this 	I would like to try this 
	Walking				
	Running				
	Cycling				
	Roller blades/skating				
	Skate boarding				

	Activity	I like to do this 	It is ok 	I do not like this 	I would like to try this 
	Dancing				
	Yoga				
	Trampolining				
	Darts				
	Football				







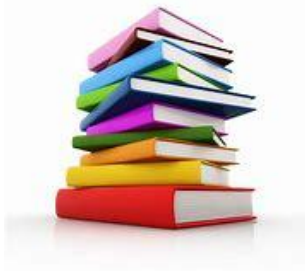


	Activity	I like to do this 	It is ok 	I do not like this 	I would like to try this 
	Rugby				
	Golf				
	Martial arts/Boxing				
	Athletics				
	Basketball/ Netball				

	Activity	I like to do this 	It is ok 	I do not like this 	I would like to try this 
	<b>Badminton/ tennis</b>				
	<b>Bowling</b>				
	<b>Pool and Snooker</b>				
	<b>Watching Sports</b>				
	<b>Tennis and Table Tennis</b>				

	Activity	I like to do this 	It is ok 	I do not like this 	I would like to try this 
	<b>Knitting, Crochet and Sewing</b>				
	<b>Painting and Drawing</b>				
	<b>Photography</b>				
	<b>Pottery</b>				
	<b>Singing on own or Choir</b>				










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	Writing Letters or Stories				
	DIY/ Woodwork				
	Cooking and Baking				
	Gardening				

	<b>Activity</b>	<b>I like to do this</b> 	<b>It is ok</b> 	<b>I do not like this</b> 	<b>I would like to try this</b> 
	<b>Car Repair</b>				
	<b>Looking after Pets</b>				
	<b>Board Games</b>				
	<b>Computer Games and internet</b>				
	<b>Listening to radio and music.</b>				








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	Card Games				
	Puzzles and Crosswords				
	Reading				
	Watching Tv				
	Spending time with Family				



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	Activity Clubs				
	Eating Out Picnics and BBQ				
	Religion				
	Pubs and Nightclubs				
	Camping				

	Activity	I like to do this 	It is ok 	I do not like this 	I would like to try this 
	<b>Climbing</b>				
	<b>Bird watching/ Wildlife</b>				
	<b>Fishing</b>				
	<b>Horse Riding</b>				
	<b>Water sports and scuba diving</b>				

	Activity	I like to do this 	It is ok 	I do not like this 	I would like to try this 
	Paintball				
	Bingo				
	Cinema				
	Concerts and Theatre				
	Driving				

	Activity	I like to do this 	It is ok 	I do not like this 	I would like to try this 
	<b>Museum and Art Gallery</b>				
	<b>Day Trips and Places of Interest.</b>				
	<b>Travel and Holidays</b>				