

Physical Activity Interest Worksheet

Review the table of physical activities. Each column provides information about each activity, such as if it's typically played as a game, if it's typically a solo or group activity (or both) and if it's typically done indoors or outdoors (or both).

In the far right-hand column, rate your interest in exploring each activity from 0 to 10, with 0 being not interested and 10 being very interested.

ACTIVITY	GAME	SOLO	GROUP	INDOORS	OUTDOORS	INTEREST (0-10)
Aerobic swimming			X	X		
Archery		X	X	X	X	
Backpacking		X	X		X	
Badminton	X		X	X		
Baseball	X		X		X	
Basketball	X	X	X	X	X	
Bird watching		X	X		X	
Camping		X	X		X	
Crew (rowing)		X	X		X	
Cross-country skiing		X	X		X	
Cycling/biking		X	X	X	X	
Dancing		X	X	X	X	
Diving		X	X	X	X	
Dodgeball	X		X	X	X	
Flag football	X		X	X	X	
Fly fishing		X	X		X	
Frisbee			X		X	
Frisbee golf	X	X	X		X	
Gardening		X	X	X	X	
Geocaching		X	X		X	
Gymnastics		X	X	X		
Handball	X		X	X		
Hiking		X	X		X	
Hockey	X		X	X	X	
Hula hooping		X	X	X	X	
Ice skating		X	X	X	X	
Jogging		X	X	X	X	
Jump rope		X		X	X	
Kayaking		X	X		X	
Kickboxing			X	X		
Lacrosse	X		X	X	X	
Laser tag	X		X	X		
Lawn games	X		X		X	
Martial arts		X	X	X		
Paintball	X		X		X	
Pilates		X	X	X		
Ping pong	X		X	X		
Playing catch			X		X	
Playing with your dog		X			X	
Rock climbing		X	X	X	X	
Roller hockey	X		X	X		
Roller skating/blading		X	X	X	X	
Rugby	X		X		X	
Running		X	X	X	X	
Skateboarding		X	X	X	X	
Skiing		X	X		X	



ACTIVITY	GAME	SOLO	GROUP	INDOORS	OUTDOORS	INTEREST (0-10)
Sledding		X	X		X	
Snowboarding		X	X		X	
Snowshoeing		X	X		X	
Spikeball	X		X		X	
Stand-up paddle boarding		X	X		X	
Swimming		X	X	X	X	
Soccer	X		X	X	X	
Softball	X		X		X	
Tag	X		X		X	
Tennis	X		X	X	X	
Trampoline		X		X	X	
Triathlon		X	X		X	
Ultimate Frisbee	X		X		X	
Volleyball	X		X	X	X	
Walking		X	X		X	
Weightlifting		X	X	X		
Yoga		X	X	X	X	

1. In the table below, list the activities that you rated 7 or higher. Circle the top 3 activities you would like to try. If none of the activities were appealing enough to rate as a 7 or above, list some activities you might tolerate or be willing to try. Remember that the list above is not comprehensive. If there are other activities you are interested in, you can list them as well.

2. What do you need to get started? Consider your schedule, clothing/shoes, equipment, health conditions and other needs. Do you need to borrow equipment, attend a class or connect with a group? List these below:

3. How can you make sure your expectations are realistic, especially if you are not as fit or if you are trying a new activity that may take practice to develop the new skills?

*This worksheet has been adapted from the *The Intuitive Eating Workbook: Ten Principles for Nourishing a Healthy Relationship with Food* by Evelyn Tribole and Elyse Resch.

