



HOMEPLAY That Activity Suits You

Exercise doesn't have to be a chore! If you choose physical activities that suit your personality and preferences, you will be more likely to make time for them.

STEP 1

Put a checkmark next to the lifestyle preferences that best describe you below. **It is important to me to:**

Be with people I like	Release energy
Be in a group	Improve my health
Be independent	Have common interests with others
Get to know other people well	Be able to contribute to a group
Meet many new people	Feel valued and liked
Be a leader	Be physically active
Feel confident	Use my imagination
Learn something	Create something
Be in pleasant surroundings	Be challenged
Be alone	Feel safe and secure
Structured activity	Try something new and different

Out of the boxes you checked above, list the 3 items that are most important to you.

1. _____
2. _____
3. _____

STEP 2

Put a checkmark beside the activities you would like to try. Use the blank spaces to add other activities.

<input type="checkbox"/>	Aerobics
<input type="checkbox"/>	Aquafit
<input type="checkbox"/>	Archery
<input type="checkbox"/>	Badminton
<input type="checkbox"/>	Baseball/Softball
<input type="checkbox"/>	Basketball
<input type="checkbox"/>	Bicycling
<input type="checkbox"/>	Bowling
<input type="checkbox"/>	Broomball
<input type="checkbox"/>	Calisthenics
<input type="checkbox"/>	Camping
<input type="checkbox"/>	Canoeing/kayaking
<input type="checkbox"/>	Climbing
<input type="checkbox"/>	Coaching
<input type="checkbox"/>	Curling
<input type="checkbox"/>	Dancing
<input type="checkbox"/>	Fencing
<input type="checkbox"/>	Floor Hockey
<input type="checkbox"/>	Football
<input type="checkbox"/>	Gardening, yard work

<input type="checkbox"/>	Golf
<input type="checkbox"/>	Handball
<input type="checkbox"/>	Hiking
<input type="checkbox"/>	Hockey
<input type="checkbox"/>	Horseback riding
<input type="checkbox"/>	Household chores
<input type="checkbox"/>	Ice Skating
<input type="checkbox"/>	Inline skating
<input type="checkbox"/>	Jogging
<input type="checkbox"/>	Martial arts
<input type="checkbox"/>	Orienteering
<input type="checkbox"/>	Paddleboarding
<input type="checkbox"/>	Pickleball
<input type="checkbox"/>	Racquetball
<input type="checkbox"/>	Ringette
<input type="checkbox"/>	Rollerblading
<input type="checkbox"/>	Roller Skating
<input type="checkbox"/>	Rowing
<input type="checkbox"/>	Running
<input type="checkbox"/>	Sailing
<input type="checkbox"/>	Skateboarding

<input type="checkbox"/>	Skiing (cross- country)
<input type="checkbox"/>	Skiing (downhill)
<input type="checkbox"/>	Sledge hockey
<input type="checkbox"/>	Snowshoeing
<input type="checkbox"/>	Soccer
<input type="checkbox"/>	Squash
<input type="checkbox"/>	Stair climbing
<input type="checkbox"/>	Swimming
<input type="checkbox"/>	Tai chi
<input type="checkbox"/>	Table tennis
<input type="checkbox"/>	Volleyball
<input type="checkbox"/>	Walking
<input type="checkbox"/>	Water skiing
<input type="checkbox"/>	Weight training
<input type="checkbox"/>	Wind surfing
<input type="checkbox"/>	Yoga
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

STEP 3

Determine physical activities that match up with your preferences.

Out of the physical activities you checked, which ones are available in your area?

Which physical activities match up with your preferences listed in Step 1? __

Which of these activities will you try?

STEP 4

Who can support you? How can you support others?

- Ask someone else to complete this sheet and compare your results.
- Discuss how you can support each other in trying out your new activities. Is there someone who lives near you that you could invite to join you?



MAKE IT A HABIT

My New Activity Plan:

The activity that I will try is _____ .
(activity name)

I will try this activity on _____ .
(day/time)

I will ask _____ to join me with _____ .
(name) (activity)

**If this habit is important to you, be sure to add it to your Habit Tracker!
This will help you schedule it into your week.**