



Activities I enjoy doing now, or did enjoy doing in the past and want to start doing again:
Activity types are... solo or alone, or with a partner / friend, or as a group.

	activity	type	when?	what season?	how often?	with whom?
1.
2.
3.
4.

Activities I want to try that require training and/or learning in preparation:
Activity types are... solo or alone, or with a partner / friend, or as a group.

	activity	type	new skills or knowledge needed
1.
2.
3.
4.

Activities that I am not interested in and do not intend to try:

- | | |
|---------|---------|
| 1. | 2. |
| 3. | 4. |

Hobbies I would like to try, do more of, or bring back into my life:

1.
2.
3.
4.